

A PROUD MEMBER OF



PROUDLY CANADIAN SINCE 1999.



healthfirst.ca

gentlerain

CELEBRATING 40 YEARS SERVING STRATFORD

HEALTH FOOD STORE

30 Rebecca Street, Stratford, ON N5A 3P1 • 519-271-0388

www.thegentlerain.ca



HEALTH FIRST® CURCUMIN SUPREME EXTRA STRENGTH
120 vegetable capsules

Contains Meriva®, a highly bioavailable curcumin clinically proven to help relieve joint pain and inflammation.



ON SALE!
69⁹⁹

HOT DEAL!

PRAIRIE NATURALS® LIQUID B COMPLEX SOLUTION
500 ml

Contains high-potency B vitamins to help reduce stress, energize, and improve mood.

ON SALE!
2/49⁹⁹

HEALTHOLOGY GUT-FX FORMULA
180 g

The ultimate formula to repair your intestinal tract lining, heal inflammation, support healthy gut flora, and restore your gut health.

ON SALE!
39⁹⁹

BIOSIL™
120 vegetarian capsules

Nourish your skin, reduce fine lines and wrinkles, and thicken and strengthen your hair and nails.

ON SALE!
69⁹⁹



Fuel Your Flow

Choose Genuine Health fermented organic vegan proteins+ and fast joint care to support every move, in and out of the gym!



HFN BONUS OFFER

- ✓ 20g of fermented protein
- ✓ Excellent source of iron
- ✓ 7 plant-based sources

64⁹⁹



DUO PACK

- ✓ Starts working in as little as 1 WEEK!
- ✓ Reduce and relieve joint pain and stiffness caused by osteoarthritis.

61⁹⁹



MEGAFOOD®

Assorted varieties and sizes

Premium supplements that support your body, and a more sustainable future. Crafted with real food from trusted farm partners committed to organic and regenerative agriculture.



ON SALE!
15% off



NATURAL FACTORS® WELLBETX® BERBERINE

120 vegetarian capsules

A natural option for supporting blood sugar balance. Evidence shows berberine plays a role in blood sugar metabolism and supports cardiovascular health by maintaining healthy blood lipid levels.



ON SALE!
39⁹⁹

• SALE DATES: JANUARY 2 - 17, 2026 • HEALTHFIRST.CA •



**A.VOGEL ECHINAFORCE®
SORE THROAT SPRAY**
30 ml + 30 ml

Used to treat painful inflammation and infection of the throat, such as pharyngitis, tonsillitis, soreness and hoarseness.



ON SALE!
29⁹⁹



**NATURAL FACTORS®
ULTIMATE
MULTI
PROBIOTIC**
120 vegetarian capsules

12 billion live probiotic cultures help to restore and maintain healthy, balanced intestinal flora.



ON SALE!
43⁹⁹



**ST. FRANCIS
HERB FARM
STREST®**
90 vegicaps

Features ashwagandha plus five other key adaptogenic herbs to help relieve symptoms of stress.



ON SALE!
33⁴⁹

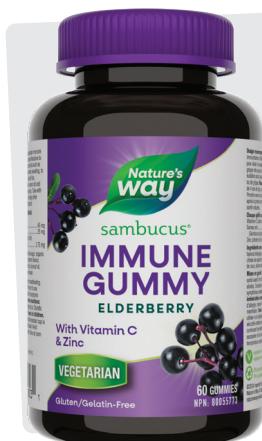


**GARDEN OF LIFE®
RAW ORGANIC
ALL-IN-ONE
SHAKE**
Assorted flavours - 907 - 1038 g

On-the-go nutrition that contains 20 g of protein, 7 g of fibre and 44 superfoods per serving.

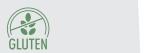


ON SALE!
59⁹⁹



**NATURE'S
WAY
SAMBUCUS®
IMMUNE
GUMMY**
60 gummies

These elderberry gummies have the added benefit of vitamin C and Zinc for immune support.



ON SALE!
17⁴⁹



**PRAIRIE
NATURALS®
DIGEST-
FORCE**
120 + 60
V-Capsules

Offers activated coconut charcoal and ginger root extract to help relieve digestive upset and disturbances.



ON SALE!
55⁹⁹



**SOVEREIGN
SILVER®**
59 ml

99.999% pure silver and pharmaceutical-grade purified water in an amber glass bottle. An effective tool to maintain, sustain and support the immune system!



ON SALE!
15⁹⁹



**NUTRASEA®
OMEGA-3
OR
OMEGA-3 +
VITAMIN D3**
500 ml

Great-tasting, ultra-pure omega-3 for the maintenance of good health, cardiovascular health and cognitive and brain function.



ON SALE!
53⁹⁹



ENER-C™
Assorted flavours - 30 sachets

A caffeine-free way to boost your immunity, energy and hydration. Available in sugar-free and regular!



ON SALE!
17⁹⁹



**FLORA
FLOR-ESSENCE®**
Assorted varieties
and sizes

An 8-herb formula that synergistically supports multiple detoxification pathways. Also available with Turkey Tail and Turmeric to support a healthy immune system and inflammation response.



ON SALE!
20% off



**NOW®
RELORA®
300 MG**
60 veg capsules

Has been shown to help control appetite and stress-related eating, thereby helping you to manage your weight.



ON SALE!
22⁴⁹



**PROGRESSIVE® PHYTOBERRY®
OR VEGGREENS®**
450 g or 265 g

A single serving has the equivalent nutrient content of 6 to 8 servings of fresh fruit or vegetables.



ON SALE!
25% off



**NOW® ZINC
PICOLINATE
25 MG**
100 vegetarian capsules

Helps to maintain healthy skin and immune function and aids the body in metabolizing carbohydrates, proteins and fats.



ON SALE!
12⁴⁹



WILD ROSE HERBAL D-TOX
Kit

Supports your detoxification organs for a healthier, energetic and more balanced you.

ON SALE!
48⁹⁹



**ANDALOU
FACE CARE
PRODUCTS**
Select varieties
and sizes

Products that are certified organic, nature derived, and always cruelty free.



ON SALE!
25% off



**GREEN BEAVER®
TOOTHPASTE**
Assorted varieties - 75 ml

Loaded with excellent natural cleaning properties, such as GMO-free coco-glucoside from coconut and fruit, as well as xylitol from North American hardwood trees.



ON SALE!
6⁷⁹



STRESS LESS. SLEEP WELL. LIVE ENERGIZED.

Good sleep and steady energy work together. When stress builds up, it can affect how you rest at night and how you feel during the day. Health First offers natural support to calm your mind, promote relaxation, and restore healthy energy, so you feel balanced and ready to take on the day!

RESET YOUR RHYTHM

Small daily habits can make a big difference. Try getting natural light exposure in the morning, limiting screen time before bed, and keeping a consistent bedtime routine. Your body thrives on rhythm, and good sleep starts long before your head hits the pillow.

RELAX, UNWIND, AND REST EASY



SLEEP SUPREME AND CALMING MIST

60 vegetable capsules and 60 ml

Sleep Supreme is a melatonin-free formula, containing PharmaGABA[®], inositol, magnesium, passionflower and jujube, that temporarily helps to promote relaxation and sleep. With a soothing blend of organic lavender, vetiver, chamomile, and orange essential oils, **Calming Mist** can be applied to your face or pillow to set the stage for a restful night.

 60 CAPSULES  60 ML
24⁹⁹ 9⁹⁹



MELATONIN SUPREME

120 tablets

Promote healthy sleep and help reset your body's sleep-wake cycle with Melatonin Supreme. Made with 3 mg of MelaPure™ melatonin our formula is timed to release over 6 to 8 hours.

 ON SALE!
16⁹⁹

RISE AND SHINE WITH B VITAMINS



ACTIVE B SUPREME

90 vegetable capsules

When diet alone doesn't meet your needs, supplementing B vitamins in the morning can help you take on the day! Support energy production in the body with active forms of all 8 key B vitamins plus inositol and choline.

 ON SALE!
35⁹⁹



B12 SUPREME

120 natural cherry lozenges

Our new and improved B12 Supreme has been reformulated to contain active forms of B vitamins! Prevent B12 deficiency with 1,200 mcg of methylated B12, plus P5P B6 and L-5-MTHF folate.

 ON SALE!
17⁹⁹

VISIT YOUR LOCAL HEALTH FIRST STORE FOR TRUSTED PRODUCTS & VALUABLE WELLNESS RESOURCES.

healthfirst.ca   

POWER YOUR EVERY DAY

Wellness doesn't stop at your foundation: it fuels how you live every day. Health First Multivitamins deliver complete daily nutrition to support energy, metabolism, and immune health, while Magnesium promotes calm and muscle relaxation. Together, they help you thrive with strength, balance, and vitality from morning to night.



MULTI ONE DAILY SUPREME WITH IRON
180 tablets

MULTI SUPREME IRON FREE
180 vegetable capsules

Health First Multi One Daily Supreme and Multi Supreme are all-in-one multis packed with phytonutrients, Aquamin™ calcium and magnesium, and buffered vitamin C for optimum bioavailability. They help build strong bones and teeth and support eye, skin and immune health.

WITH IRON **47⁹⁹** IRON FREE **42⁹⁹**



MEN'S 50 PLUS MULTI SUPREME
60 vegetable capsules

WOMEN'S 50 PLUS MULTI SUPREME
60 vegetable capsules

Formulated to meet the nutritional needs of men and women over 50, featuring highly bioavailable vitamins and minerals, plus ElderCraft® elderberry for immune and joint health and Kaneka Ubiquinol® for heart health.

ON SALE! **37⁹⁹**



PRE AND POST NATAL MULTI SUPREME
90 vegetable capsules

An easily digested multi formula with key nutrients for women in their childbearing years. Supports adequate iron levels and helps reduce the risk of neural tube defects when taken 3 months prior to conception and during early pregnancy.

ON SALE! **25⁹⁹**



✓ WHY MAGNESIUM MATTERS

Magnesium is a co-factor in hundreds of enzymatic processes in the body. It supports muscle function, bone health, energy production, and how the body responds to everyday stress. It also plays a role in mood and sleep through serotonin production. Many Canadians fall short on magnesium, and ongoing stress can affect levels. Ensuring adequate intake helps support overall well-being.

MAGNESIUM SUPREME EXTRA STRENGTH
120 tablets

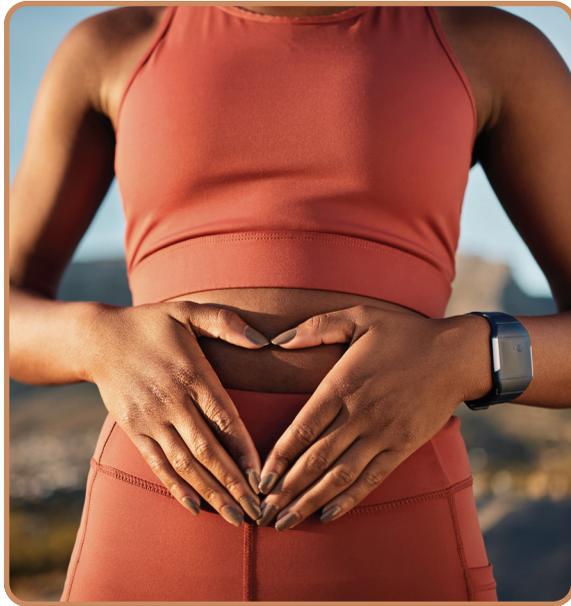


A high potency magnesium complex providing 250 mg of elemental magnesium per tablet. Contains a blend of magnesium glycinate, citrate and hydroxide to help prevent magnesium deficiency and support overall well-being.

ON SALE! **33⁴⁹**

SUPPORT WELLNESS FROM WITHIN

Wellness starts in the gut. Health First digestive essentials work together to keep you balanced and strong from the inside out. ProBio Supreme replenishes beneficial bacteria for daily gut health, Liver Supreme supports optimal digestion, and soothing Aloe Vera Juice helps calm and nourish. Together, they build the foundation for healthy digestion and overall well-being.



✓ HEALTHY DIGESTION TIPS:

- Chew slowly; digestion starts in the mouth.
- Stay hydrated to support enzyme activity.
- Include fibre-rich foods for regularity.
- Balance meals with protein, healthy fats and carbs.

LIVER SUPREME 60 vegetable capsules



Features Siliphos® silybin Phytosome®, a well absorbed and clinically researched milk thistle extract, along with alpha-lipoic acid, plus dandelion root to help support liver function and relieve digestive disturbances.

ON SALE!
39⁹⁹

ALOE VERA JUICE Pomegranate or Unflavoured - 500 ml



Contains certified organic aloe, a source of antioxidants to help soothe inflammation of the intestinal tract. Delicious on its own or mixed into water, juice, or smoothies!

ON SALE!
9⁹⁹

PROBIO SUPREME 55 BILLION

30 delayed release capsules

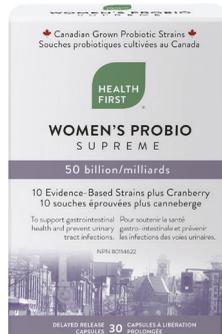


A high-potency probiotic that supports intestinal health and promotes a favourable gut flora. Clinically shown to help manage acute infectious diarrhea and reduce the risk of antibiotic associated diarrhea.

ON SALE!
29⁹⁹

WOMEN'S PROBIO SUPREME 50 BILLION

30 delayed release capsules



Targeted support for women's unique needs, with 10 Canadian-grown strains plus cranberry extract for urinary tract and vaginal health. Refrigerated capsules designed to deliver results where you need them most.

ON SALE!
36⁹⁹



CLEARING THE WAY TO WELLNESS

SUPPORT YOUR BODY'S NATURAL DEFENSES

When your immune system needs extra support, every breath counts. Health First immune and respiratory formulas help you stay strong, breathe easier, and recover faster. From year-round defense to targeted relief, our natural ingredients work with your body to protect what you've built, so you can keep moving forward.

✓ SCAN HERE
Scan for natural ways to strengthen your immune system and start the year feeling your best.



OREGA SUPREME 25 ml

Our potent combination of wild-sourced oil of oregano and thyme oil is blended with extra virgin organic olive oil and delivers antioxidant protection in a pure, simple, and traditional combination.

ON SALE!
22⁴⁹



NAC 120 vegetable capsules

Our vegan N-Acetyl-Cysteine is an amino acid the body needs to create glutathione, a potent antioxidant that helps to reinforce the immune system's defense against oxidative stress.

ON SALE!
25⁹⁹



RESPIR FIRST 500 ml

Your go-to formula to help relieve coughs, colds, bronchitis, and even seasonal allergy symptoms. Respir First contains a unique blend of marshmallow root, nettle, ginger, astragalus, thyme, linden flower, and fenugreek seed.

ON SALE!
20⁹⁹



CONGESTION RELIEF SUPREME 60 gelscaps

Formulated with antioxidant-rich, antibacterial and antifungal ingredients including organic oregano oil, organic garlic oil and black seed oil, which help to ease mucus build up while clearing nasal and sinus congestion.

ON SALE!
29⁹⁹



COLD DEFENSE SUPREME 120 vegetable capsules

Formulated with a blend of traditional Chinese herbs and adaptogens to help relieve cold symptoms and support your immune system without drowsiness. A seasonal must have for the whole family, ages 12 and up.

ON SALE!
39⁹⁹

VISIT US IN-STORE TO LEARN MORE ABOUT HEALTH FIRST PRODUCTS, OR EXPLORE [HEALTHFIRST.CA](https://www.healthfirst.ca)





REDMOND REAL SALT® 737 g

Unrefined and contains important minerals not found in table salt.



ON SALE!
15⁴⁹



MĀNUKA HEALTH MĀNUKA HONEY Assorted varieties and sizes

Mānuka honey is extensively researched and recognized for its remarkable natural qualities.



ON SALE!
10% off



ALTER ECO® CHOCOLATE BARS

Assorted varieties - 75 - 84 g

Great-tasting chocolate, made from organically grown and fair trade cocoa.



ON SALE!
4⁹⁹



MANITOBA HARVEST® HEMP HEARTS

Organic - 340 g or Natural - 454 g

A simple and delicious ingredient that adds plant protein and nutrients to any recipe or meal.



Organic - 340 g

15⁴⁹
Natural - 454 g
13⁹⁹



KETTLE® BRAND POTATO CHIPS Assorted varieties - 198 g

Cooked to perfection in the finest oils, and then gently seasoned with all-natural ingredients.



ON SALE!
3⁹⁹



SUNBUTTER® SUNFLOWER SEED BUTTER Select varieties - 454 g

The leading peanut-free spread, which contains 7 g of protein per serving. Creamy and delicious on everything!

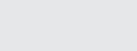


ON SALE!
8⁹⁹

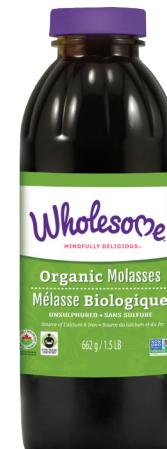


SOBER CARPENTER NON-ALCOHOLIC CRAFT BEER OR CLEVER MOCKTAILS Assorted varieties and sizes

All the flavours without any alcohol!



10% off



WHOLESOME SWEETENERS® ORGANIC MOLASSES

662 g
Rich, full-bodied robust flavour and adds natural colour and opulent caramel molasses tones to recipes.



ON SALE!
8⁴⁹



UNCLE LEE'S TEA® ORGANIC GREEN TEA 100 tea bags

Grown without the use of pesticides and full of health-promoting antioxidants.



ON SALE!
7⁹⁹



ORGANIC TRADITIONS® FIBRE FLOW™ Assorted flavours - 118 g

Daily fibre and probiotics for gut health with no added sugar.



ON SALE!
15⁴⁹



R.W. KNUDSEN® ORGANIC JUST PRUNE™ 946 ml

Certified organic juice made without the need for harmful pesticides or fertilizers.



ON SALE!
15⁴⁹



RISE KOMBUCHA Assorted varieties - 414 ml

A naturally sparkling beverage with beneficial cultures and acids. Available in low and zero sugar flavours!



ON SALE!
3⁹⁹



NUTS TO YOU® ORGANIC PEANUT BUTTER Smooth or Crunchy - 750 g

A great source of protein for a healthy snack.



ON SALE!
9⁹⁹



CHOSEN FOODS® AVOCADO OIL MAYONNAISE Select varieties - 332 - 355 ml

Packed with good fats from avocados and crafted without soy or canola oil for clean, wholesome flavour.



ON SALE!
13⁹⁹



CHA'S ORGANIC COCONUT MILK Select varieties - 400 ml

Perfect for everyday cooking and as a non-dairy substitute for milk or cream.



ON SALE!
4²⁹



BULLETPROOF™ BRAIN OCTANE® OR COFFEE Select varieties and sizes

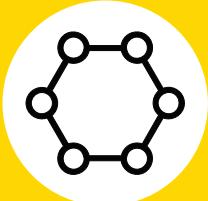
Blend together with grass-fed butter for improved performance and energy.



ON SALE!
15% off



The Original Wellness Staple



RAW



USDA ORGANIC



**NATURALLY
FERMENTED**



ON SALE!
10²⁹



Rice-obsessed since 1937.



Thin in size,
thick with goodness.



ON SALE!

6⁷⁹

We grow Regenerative Organic Certified® rice in California to create some land-restoring, habitat-preserving, community-building wonder.

The rice is milled and popped with ingredients that won't make you tongue tied.

- 100% Whole Grain — spoiler: it's rice!
- Naturally gluten-free — because, like we said... rice!
- Less than 30 calories per cake — but high in yum!

Enjoy a faceful of flavor in a thin, delightful snack.



Dig deeper while you dig in at lundberg.com.



Tomato and Stone Fruit Crostini With Creamy Feta

INGREDIENTS:

- 12 Thin Stackers: Regenerative Organic Red Rice & Quinoa Thin Stackers®
- 2 Cups: cherry tomatoes quartered
- 3 stone fruit (peach, plum, etc) cut into 1 inch chunks
- ¼ Cups: basil chopped (Pantry Friendly: 2 TBSP. dried basil)
- Dash of salt and pepper
- 4 OZ: feta
- 2 TBSP: heavy cream
- Microgreens for garnish (optional)

INSTRUCTIONS:

1. Toss together cherry tomatoes, fruit, and basil. Season with salt and pepper. Set aside.
2. Using a stand mixer or hand mixer, whisk together the feta and heavy cream until completely combined.
3. Divide the cherry tomato mixture evenly between the cracker halves. Drizzle with whipped feta and season with salt and pepper. Sprinkle with microgreens, if using. Serve right away.

FEEL IT IN YOUR BONES.

D₃ & **K₂** options that keep you moving.
Made with organic coconut oil for enhanced absorption.



SOMETIMES LIFE CAN BE STRESSFUL

NEW to the Stress-Relax® family! KSM-66 ASHWAGANDHA®

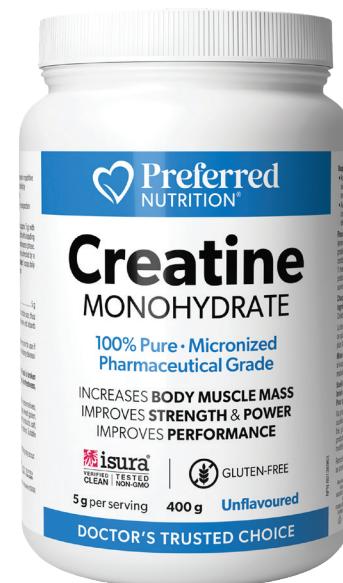
Increase resistance to stress, calm your mind, and rejuvenate your body. Studies have shown that ashwagandha can also support sleep, memory, and physical performance.



20⁴⁹
60 chewable tablets

22⁹⁹
60 chewable tablets

21⁹⁹
60 vegetarian capsules



PREFERRED NUTRITION® CREATINE MONOHYDRATE 400 g

Contains a micronized form of creatine monohydrate that improves strength and performance in repetitive bouts of brief, highly intense physical activity.



ON SALE!

24⁹⁹

YOU CAN DO MORE WHEN YOU HAVE STRONG BONES

- COMPREHENSIVE NATURAL FORMULA REDUCES THE RISK OF OSTEOPOROSIS
- HELPS BUILD AND MAINTAIN STRONG, RESILIENT BONES



40 YEARS
New Roots
MAKING LIFE BETTER

1 IN 3 CANADIANS DOESN'T GET ENOUGH MAGNESIUM



ARE YOU?

29⁹⁹



Made in Canada



PREFERRED NUTRITION® MICRONIZED FERMENTED GLUTAMINE 600 g

Assists in muscle tissue repair and supports digestive and immune system health after prolonged exhaustive exercise.



ON SALE!

38⁹⁹



HEALTH FIRST® MEMORY SUPREME 60 vegetable capsules

Features Synapsa® bacopa, SunPS®, citicoline, lion's mane, and magnesium threonate to support all aspects of cognitive health, including mental acuity and immediate recall.



ON SALE!

44⁹⁹

gentlerain

CELEBRATING 40 YEARS SERVING STRATFORD

HEALTH FOOD STORE

30 Rebecca Street, Stratford, ON N5A 3P1 • 519-271-0388

Mon - Fri
9:00am - 7:00pm

Sat
9:00am - 5:00pm

Sun
Closed

www.thegentlerain.ca

HEALTH FIRST®

* Not all products shown are available at all Health First Network stores