

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

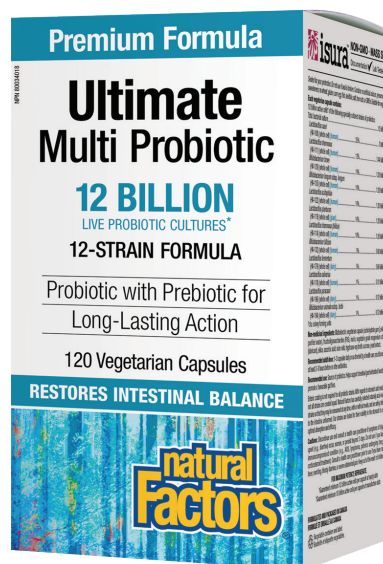


**HEALTH FIRST®
MAGTEIN®
MAGNESIUM
L-THREONATE
SUPREME**
90 vegetable capsules

Features Magtein®, a patented, clinically studied form of magnesium L-threonate. Magnesium helps to support energy metabolism, tissue formation, and normal muscle function.



NEW!
49⁹⁹

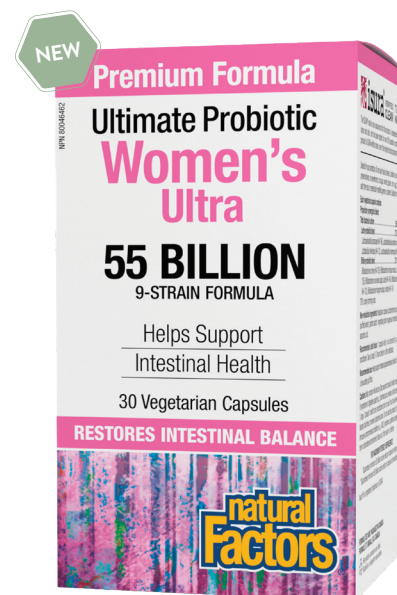


**NATURAL FACTORS®
ULTIMATE
MULTI
PROBIOTIC**
120 vegetarian capsules

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



ON SALE!
43⁹⁹



**NATURAL FACTORS®
ULTIMATE
PROBIOTIC
WOMEN'S
ULTRA**
55 BILLION
30 vegetarian capsules

A nine-strain formula featuring gastric-resistant probiotic strains to help support intestinal and gastrointestinal health, formulated for maximum effectiveness in women.



ON SALE!
31⁹⁹



**HEALTH FIRST®
PRIMEZYME**
180 capsules

Is an effective full spectrum digestive enzyme formula from plant and bacterial source enzymes with betaine HCL.



ON SALE!
43⁹⁹



**SALUS MILK
THISTLE
EXTRACT**
500 or 250 ml

Works to support overall liver health and function. Helps to reduce liver inflammation and supports liver cell repair.



500 ml
47⁹⁹

250 ml
28⁹⁹



BIOFIL™
120 vegetarian capsules

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



ON SALE!
62⁹⁹

• SALE DATES: MAY 1 – 17, 2025 • HEALTHFIRST.CA •

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VIEW OUR FLYER ON **flipp**

A-1

Boost Your Cellular *Energy* Production

Try the daily packets containing the best of all **RegenerLife™** formulas for healthy aging...
Or add the powder to your favourite drink for **improved strength and power** and **reduced fatigue**.

49⁹⁹
81 g powder

89⁴⁹
30 packets

isura
VERIFIED TESTED
CLEAN | NON-GMO

**natural
Factors**



ELEV-8 YOUR VITAMIN C GAME

45⁹⁹

Vitamin C⁸
IMMUNE ANTIOXIDANT COMPLEX
8 Active Forms of Vitamin C
327 mg of Vitamin C + 9 mg of Zinc
Enhanced Absorption

ADVANCED FORMULA WITH BUFFERED, ACTIVE VITAMIN C COMPLEX FROM EIGHT SUPERIOR SOURCES

40 YEARS
New Roots
MAKING LIFE BETTER

TESTED IN A
**ISO 17025
ACCREDITED
LABORATORY**

ELEV-8 YOUR WELLNESS

21⁴⁹

Vitamin E⁸
400 IU - Antioxidant
All 8 Forms of Vitamin E
4 Tocopherols + 4 Tocotrienols
Non-GMO

**8 POWERFUL FORMS OF VITAMIN E
IN 1 UNSTOPPABLE FORMULA**

PROUDLY CANADIAN-MADE
AND CANADIAN FAMILY-OWNED

1% FOR THE PLANET MEMBER

NEW 2X MORE EPA

**NUTRAVEGE®
PLANT-BASED
OMEGA-3**
Extra Strength
200 ml or 30
veggie gels

Ultra-pure omega-3 derived from sustainably-sourced algae.

40⁹⁹
22⁹⁹

200 ml
30 veggie gels

ON SALE!

**CANPREV™
BLOOD
SUGAR
SUPPORT**
120 vegetable
capsules

Specially formulated to help regulate and maintain blood sugar levels and provides antioxidant protection.

40⁹⁹
35⁹⁹

ON SALE!

**FLORA
CIRCUVEIN**
60 capsules

Clinically proven to help alleviate the symptoms of varicose veins and chronic venous insufficiencies.

40⁹⁹
28⁹⁹

ON SALE!

**HARMONIC ARTS
LION'S
MANE**
60 capsules

Need support with focus and productivity? Give your brain a boost with Harmonic Arts Lion's Mane. All Harmonic Arts Mushrooms 60 capsules are on sale!

40⁹⁹
39⁹⁹

ON SALE!

Garden of Life® RAW ORGANIC PROTEIN
Assorted flavours - 568 - 660 g

Contains 22 g of protein per serving and is made from 13 raw-sprouted proteins. Contains no soy.

49⁹⁹

ON SALE!

**SMART SOLUTIONS™
MENOSMART+™**
120 vegetarian
capsules

Reduces hot flashes, night sweats and other symptoms of menopause. Contains 300 mg of sage per daily dose to help treat excessive perspiration associated with menopause.

40⁹⁹
31⁴⁹

ON SALE!

**AQUAOMEGA
5X ULTIMATE
STRENGTH
HIGH DHA**
120 softgels

Made from wild-caught anchovy. Helps support cognitive health and brain function.

40⁹⁹
40⁹⁹

ON SALE!

**MEGAFOOD®
MULTIVITAMINS**
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.

15% off

ON SALE!



It's what we leave out
that makes us special



AUSTRALIAN
MADE



NATURAL
INGREDIENTS



CRUELTY
FREE



VEGAN
PRODUCT



RECYCLABLE
PACKAGING



CARBON
OFFSET

NO

SULPHATES
PARABENS

HEALTH
FIRST

GROCERY CORNER



NUTS TO YOU® ALMOND BUTTER

Smooth or Crunchy - 365 g

Made without added salt, sugar or hydrogenated oils. Makes a great spread or delicious addition to sauces, dressings or smoothies.



ON SALE!

949



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!

2/\$8



TRADITIONAL MEDICINALS® WELLNESS TEAS

Assorted varieties - 16 bags

Carefully crafted, high-quality herbal teas that are made with all-natural ingredients.



ON SALE!

549



LILY'S® CHOCOLATE BARS

Assorted varieties - 80 - 85 g

Made from premium, fair trade chocolate without any added sugar! Unbelievably delicious chocolate for snacking and baking. The good kind of "sweet."



ON SALE!

599

RED BEET CRYSTALS

FLORA ORGANIC
RED BEET CRYSTALS
200 g



ON SALE!

23⁹⁹

Unbeetable

Pressed from the juice of freshly harvested organic beets, Flora's **Organic Red Beet Crystals** are instantly soluble and provide an easy and delicious way to enjoy the goodness of beets. Each jar contains the equivalent of 2.6 kg of fresh, organic beets. Naturally sweet tasting, Flora Red Beet Crystals can easily be added to breakfast, lunch, dinner and even snacks!

Easy to add to your favourite drink or smoothie!

Vanilla & Beet

OVERNIGHT OATS

INGREDIENTS

- 1 cup rolled oats
- 1½ cups milk of choice
- 3 tablespoons Red Beet Crystals
- 1 tablespoon chia seeds
- 1 tablespoon thick plain yoghurt
- ½ teaspoon vanilla bean powder (optional) 1 scoop vanilla protein powder
- ½ cup chocolate, melted, for serving

DIRECTIONS:

1. Add all ingredients except chocolate to a large mason jar. Close the lid and shake to mix well. Refrigerate overnight (or for at least 2 hours).
2. Melt chocolate in a microwave for 30 seconds at a time, stirring until creamy. Alternatively, heat a pot of water and place a glass bowl filled with chocolate over the pot, stirring often, until melted.
3. Add about ½ cup overnight oats to a mug or bowl, then top with melted chocolate. Freeze for 15 minutes until chocolate hardens. Serve!

SERVINGS: 4

TIME: 5 minutes + chilling time

**FRESHLY
HARVESTED**



florahealth.com | 1.888.436.6697





ITALIAN VOLCANO® ORGANIC LEMON JUICE

1 L
Contains 40 organic
Sicilian lemons grown in
volcanic-rich soil with no
preservatives.



ON SALE!
12⁹⁹



COVERED BRIDGE® POTATO CHIPS

Assorted varieties - 142 - 170 g
Bursting with flavour by using
only quality dark russet potatoes,
these perfectly seasoned chips
provide a tasty crunch without all
the additives.



ON SALE!
2/\$8



FELICETTI ORGANIC PASTA

Select varieties - 454 g
Combines outstanding organic
ingredients - quality wheat, spring
water and the purest air of the
Dolomites

ON SALE!

2⁷⁹



ENDANGERED SPECIES® CHOCOLATE BARS

Assorted varieties - 85 g
Made with only a handful of
health-conscious, high quality
ingredients. A sustainably
sourced chocolate bar that gives
forward to conservation.



ON SALE!
4⁹⁹



REDMOND REAL SALT®

737 g
Unrefined and contains
important minerals not
found in table salt. In an
earth-friendly refill pouch,
the screw top lid makes
refilling shakers a breeze
while saving money and
the environment!



ON SALE!
15⁴⁹



SAN-J™ TAMARI GLUTEN-FREE SOY SAUCE

296 ml
Made with
100% whole
fermented
soybeans. Its
rich delectable
flavour
enhances any
type of cuisine.



ON SALE!
5²⁹



ORGANIC TRADITIONS® SUPERGREENS

Assorted varieties - 100 g
An organic greens blend to
support digestion and gut
health with 1 billion probiotics
per serving. Packed with
organic greens, vitamins,
minerals, and antioxidants.



ON SALE!
17⁹⁹



RISE KOMBUCHA

Assorted varieties - 414 mL
A blissful blend of spices,
organic and raw ingredients
and Kombucha.



ON SALE!
3⁹⁹

CHA'S ORGANICS COCONUT
WHIPPING CREAM
400 ml



ON SALE!

5²⁹

Pure organic
coconut wonder.
Whips perfectly,
every time.



Cha's
ORGANICS

@chasorganics
chasorganics.com



NOW® ESSENTIAL OILS

Assorted varieties and sizes

Liquid plant essences grown free of pesticides, synthetic fertilizer and herbicidal residues.

ON SALE!
25% off



GREEN BEAVER® 100% NATURAL MINERAL SUNSCREEN

Assorted varieties - 60 - 90 ml

Naturally reliable sunscreens that contain healthy, organic ingredients, are chemical-free and leave no sticky residue.

VEGAN GMOS GLUTEN
ON SALE!
18.99



WELEDA SKIN FOOD PRODUCTS

Assorted varieties - 75 ml

The ultimate moisturizer for dry, rough skin. Can be used on faces, elbows, hands and feet.

ON SALE!
20.99



ACURE® PERSONAL CARE PRODUCTS

Assorted varieties and sizes

Founded on sustainable principles to provide the highest quality personal care products. Free from parabens, sulfates, formaldehyde, paraffin, mineral oil and never tested on animals.

VEGAN
ON SALE!
15% off



ATTITUDE® SUPER LEAVES™ SHAMPOO & CONDITIONER

Select varieties and sizes

Plastic-free beauty products made with naturally sourced ingredients that cleanse and hydrate hair. Perfect to create an at-home spa sensory experience!

ON SALE!
25% off



ANDALOU FACE CARE PRODUCTS

Select varieties and sizes

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

VEGAN GMOS GLUTEN
ON SALE!
25% off

HEALTH FIRST®

MULTIVITAMINS FOR EVERY DAY

Health First multivitamins are designed to support you at every age and stage in life. They feature bioavailable nutrients, Aquamin™ minerals, and clinically studied ingredients, helping to fill nutrient gaps so you can feel your best every day.



Choose from a one-a-day, an iron free formula, or a family friendly chewable – each with Aquamin™ minerals, B vitamins, and key phytonutrients for complete daily support.

- Multi One Daily Supreme With Iron**
180 tablets **47.99**
- Multi Supreme Iron Free**
180 vegetable capsules **42.99**
- Family First Multi**
120 chewable tablets **26.99**

From essential nutrients for your childbearing years to targeted formulas for ages 50 plus, our multis provide key vitamins, minerals, and specialized nutrients to support your body's changing needs.

- Pre and Post Natal Multi Supreme**
90 vegetable capsules **25.99**
- Women's 50 Plus Multi Supreme**
60 vegetable capsules **37.99**
- Men's 50 Plus Multi Supreme**
60 vegetable capsules **37.99**



FIND YOUR PERFECT MULTI!
Scan to explore our Quick Guide to Multivitamins.



PROUDLY MADE IN CANADA 🇨🇦



NATURAL FACTORS® VITAMIN K2 120 MCG 120 vegetarian capsules

Helps increase calcium absorption to strengthen bone density and inhibits the calcification of arteries and other soft tissues.



ON SALE!

19⁹⁹



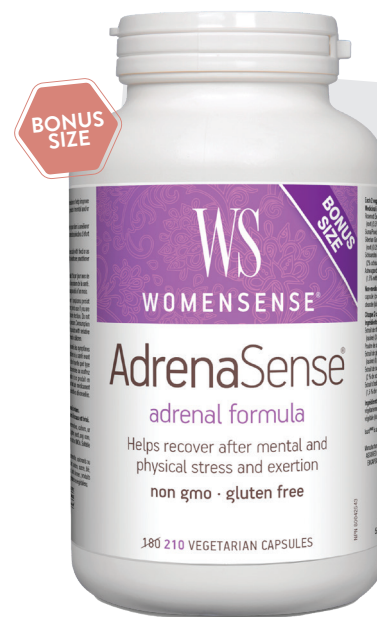
GENUINE HEALTH FAST JOINT CARE WITH NEM® & TURMERIC 60 + 60 capsules

Reduces pain and stiffness caused by inflammation and osteoarthritis with NEM® and fermented turmeric.



ON SALE!

61⁹⁹



WOMENSENSE® ADRENASENSE® 210 vegetarian capsules (30 FREE)

Improves mental and physical performance after periods of mental and/or physical exertion, and helps to temporarily promote relaxation.



ON SALE!

43⁹⁹



PRAIRIE NATURALS® ORGANIC BONE BROTH POWDER Beef or chicken - 300 g

Rich in collagen, hyaluronic acid and minerals that support the immune system, digestive tract, joint health and healthy hair, skin and nails.



ON SALE!

40⁹⁹



prairienaturals®

Add More SuperFoods to Your Everyday

20% OFF



Fermented & Organic Superfoods

LIVE THE HEALTHY LIFE®



HEALTH FIRST® VISION SUPREME OR OMEGA ONE DAILY SUPREME 100 vegetable capsules or 60 enteric gelscaps

Vision Supreme contains targeted vitamins, minerals and antioxidants to help support eye health. Pairs well with Omega One Daily Supreme!



Vision

37⁹⁹



Omega

42⁹⁹

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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