



**HEALTH FIRST**

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](http://www.thegentlerain.ca)

HEALTH FIRST®

### Enter Our 12 Days of Giving Contest

Celebrate the season with Health First! For 12 days, we're giving away amazing natural health prizes from our trusted Canadian brand partners. Each day brings a new prize to brighten your holidays.



Scan  
to enter

Enter daily at [healthfirst.ca](http://healthfirst.ca)  
from **December 5-16** for your  
chance to win!

Follow @healthfirstnetwork on social media



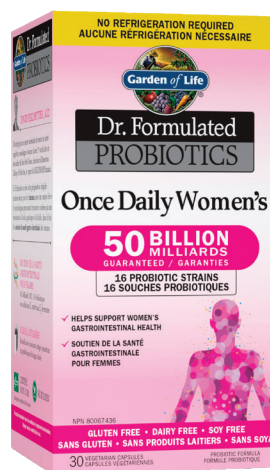

**HEALTH FIRST®  
OMEGA FIRST FISH OIL**  
Lemon - 500 ml

Contains wild, sustainably caught, small fish species, quality verified by IFOS™.

760 mg EPA • 505 mg DHA  
Helps to support cognitive and cardiovascular health.  
NPN 80030701  
500 ml

GMOS GLUTEN

**ON SALE!**  
**56<sup>99</sup>**



NO REFRIGERATION REQUIRED  
AUCUNE REFRIGERATION NÉCESSAIRE

**Garden of Life**

**Dr. Formulated PROBIOTICS**

**Once Daily Women's**

**50 BILLION MILLIARDS**  
GUARANTEED / GARANTIES  
16 PROBIOTIC STRAINS  
16 SOUCHES PROBIOTIQUES

HELPS SUPPORT WOMEN'S GASTROINTESTINAL HEALTH  
SOUTIEN DE LA SANTÉ GASTROINTESTINALE POUR FEMMES

NPN 80030701  
GLUTEN FREE • DAIRY FREE • SOY FREE  
SANS GLUTEN • SANS PRODUITS LAITIERS • SANS SOJA

30 VEGETARIAN CAPSULES  
CAPSULES VÉGÉTARIENNES

GMOS GLUTEN

**ON SALE!**  
**39<sup>99</sup>**

**GARDEN OF LIFE® DR. FORMULATED PROBIOTICS ONCE DAILY WOMEN'S**  
30 vegetarian capsules

Helps support women's gastrointestinal health with 16 probiotic strains and 50 billion CFU per capsule.



**ON SALE!**

**39<sup>99</sup>**



**TOTAL BODY COLLAGEN**

100% COMPLETE AMINO ACIDS  
with Hyaluronic Acid, Glutamine, and Biotin

Antiangiogenic • Hydrated Muscle & Joint Recovery

ANTIBIOTIC FREE • HORMONE FREE • GLUTEN FREE

**POMEGRANATE**

500 g

**TOTAL BODY COLLAGEN**

100% COMPLETE AMINO ACIDS  
with Hyaluronic Acid, Glutamine, and Biotin

Antiangiogenic • Hydrated Skin Muscle & Joint Recovery

ANTIBIOTIC FREE • HORMONE FREE • GLUTEN FREE

**UNFLAVOURED**

500 g

**TOTAL BODY COLLAGEN™**  
Assorted flavours - 500 g

Supports formation of collagen and connective tissue for joint health and helps to nourish skin, hair and nails.

GMOS GLUTEN

**ON SALE!**  
**57<sup>49</sup>**



**huiles essentielles now essential oils**

100% pure peppermint  
menthe poivrée  
30 mL

100% pure lavender  
lavande  
30 mL

100% pure rosemary  
rosmarin  
30 mL

**NOW® ESSENTIAL OILS**  
Assorted varieties and sizes

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

**ON SALE!**

**25% off**



**HEALTHOLOGY**  
BUILDING A HEALTHIER YOU

**SLEEP-GREAT SLEEP FORMULA**

30 vegetable capsules

Used in herbal medicine as a sleep aid and to help relieve restlessness and/or nervousness  
Helps to reduce the time it takes to fall asleep in people who fall asleep slowly

Usage en phytothérapie comme aide-sommeil et pour aider à soulager l'agitation et/ou la nervosité  
Aide à réduire le temps d'endormissement chez ceux qui mettent du temps à s'endormir

30 VEGETARIAN CAPSULES  
CAPSULES VÉGÉTARIENNES

VEGAN GMOS GLUTEN

**ON SALE!**  
**23<sup>99</sup>**

**HEALTHOLOGY SLEEP-GREAT SLEEP FORMULA**  
30 vegetable capsules

A complete formulation that helps you fall asleep quickly, stay asleep and achieve deep, restful sleep.



**ON SALE!**

**23<sup>99</sup>**



**Preferred NUTRITION**

**Berberine**

500 mg

HELPS SUPPORT  
GLUCOSE METABOLISM  
& CARDIOVASCULAR HEALTH

100% PURE  
CLEAN • NON-GMO

GLUTEN-FREE

240 VEGETARIAN CAPSULES

DOCTOR'S TRUSTED CHOICE

**PREFERRED NUTRITION® BERBERINE**  
500 MG  
240 vegetarian capsules

Helps maintain healthy glucose metabolism and cardiovascular health.



**ON SALE!**

**69<sup>99</sup>**

• SALE DATES: DECEMBER 4 - 20, 2025 • [HEALTHFIRST.CA](http://HEALTHFIRST.CA) •

VIEW OUR FLYER ON *flipp* A-1



**prairienaturals®**

## Bone Broth

**39<sup>99</sup>**

- Gut Health
- Smooth Skin
- Immune Support

This holiday season, elevate your festive recipes with Prairie Naturals Bone Broth, flavorful and nourishing.

**Bone Broth is one of the most unique & powerful superfoods we have today!**

LIVE THE HEALTHY LIFE®

f i s i n

## Vitamin D3

**18<sup>99</sup>** **19<sup>99</sup>**

- Bone Strength
- Immune Support
- Mood Balance

This winter, make Prairie Naturals Vitamin D3 your daily boost for vibrant health. Feel your best all season long.

**Shine from the inside out with Vitamin D3 to boost your health & glow daily!**

## 3 BRAINS® MEMORY BOOST

120 vegetarian capsules

This comprehensive formula contains seven brain-boosting nutrients, extracts and antioxidants that enhance both memory and cognitive function.

Enhances memory & cognitive function

120 vegetarian capsules

VEGAN GMOS GLUTEN

**ON SALE!**

**31<sup>99</sup>**

## PROGRESSIVE® MULTIVITAMIN FOR ADULT MEN OR WOMEN 50+

120 vegetable capsules each

Addresses the needs of an aging body with a complex of supporting nutrients designed to address age-specific health needs for women and men.

VEGAN GMOS GLUTEN

**ON SALE!**

**25% off**

## NOT JUST PROBIOTICS. PROBIOTICS THAT SURVIVE!

**Probiotics Recovery**  
ULTIMATE POTENCY  
**120 Billion+**  
Live Active Probiotics  
Delivered Safely to the Intestines  
20 Strains  
Supports Gastro/Intestinal Health and Immunity

• **ULTIMATE-POTENCY PROBIOTIC:**  
120 BILLION+ CFU FROM 20 DIVERSE STRAINS

• **SAFELY DELIVERED TO THE INTESTINES WITH GPS™ ENTERIC-COATED CAPSULES**

**ON SALE!**

**65<sup>99</sup>**

**40 YEARS**  
New Roots  
MAKING LIFE BETTER

Made in Canada

## PROVEN CHOLESTEROL SUPPORT

**Sterols & Sterolins**  
**CHOLESTEROL**  
Made with Organic Flaxseed  
Lowers LDL  
Maintains Healthy HDL

• **CLINICALLY PROVEN TO LOWER CHOLESTEROL**

• **SUPPORTS A HEALTHY CHOLESTEROL BALANCE**

**ON SALE!**

**41<sup>99</sup>**

TESTED IN AN ISO 17025 ACCREDITED LABORATORY

NON GMO

## NIYAMA® CLEAN PLANT PROTEIN

NATURAL VANILLA VANILLA NATURELLE

20 g Protein, Fermented, Zero Sugar, Stevia-Free  
20 g de protéines, Fermenté, Sans sucre, Sans stévia

782 g

**ON SALE!**

**56<sup>99</sup>**

Contains 20g of organic plant-sourced protein plus fibre, vitamins and minerals in each scoop. This powder contains zero sugar, is allergen- and stevia-free, and is easy to digest.

VEGAN GMOS GLUTEN

## ST. FRANCIS HERB FARM

72 vegicaps each

**ValeriCalm®** helps to promote a peaceful, restorative sleep.

**Ashwagandha** helps increase resistance to stress and anxiety.

**ON SALE!**

**33<sup>99</sup>**

**22<sup>99</sup>**

## WELEDA SKIN FOOD PRODUCTS

Assorted varieties - 75 ml

**Original Ultra-Rich Cream**  
Potent plant-extract formula intensively nourishes dry skin

**Crème Originale Ultra-Riche**  
Sa formule puissante aux extraits de plantes nourrit intensément la peau sèche

**ON SALE!**

**20<sup>99</sup>**

Certified Natural Personal Care  
Cosmétiques Naturels Certifiés

2.5 FL OZ e 75 ml

## NATURTINT® PERMANENT COLOURING GEL

Assorted colours

A plant-based permanent hair colour formulated with a botanical base that is eco-friendly, and ammonia- and paraben-free.

**ON SALE!**

**15<sup>99</sup>**

VEGAN

## GREEN BEAVER® LIP BALM SET

3 x 10 g

100% natural lip balm, crafted with a rich blend of shea butter, plant-based oils, and organic beeswax to deliver long-lasting hydration and protection.

**ON SALE!**

**12<sup>99</sup>**

GMOS GLUTEN

## GREEN BEAVER® TOOTH PASTE

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!**

**5<sup>99</sup>**

VEGAN GMOS GLUTEN



HEALTH  
FIRST®

# GIVE THE GIFT OF WELLNESS

This holiday season, share the gift of wellness and joy. These thoughtful picks support vitality, calm and balance, perfect for showing you care. Because feeling good is the best gift of all.

## 1. FAMILY FIRST MULTI

120 chewable tablets

The whole family will love this high quality, naturally sweetened multi containing highly absorbable forms of vitamins, minerals and, and phytonutrients.

## 2. FAMILY FIRST VITAMIN C

150 chewable tablets

Featuring 400 mg of buffered vitamin C, this delicious chewable tablet helps support immune health and collagen formation.

## 3. VITAMIN D SUPREME

180 tablets

This seasonal staple helps support the immune system and prevents vitamin D deficiency, especially during the darker Canadian winter months.

## 4. COLD DEFENSE SUPREME

33 vegetable capsules

A blend of traditional Chinese herbs and adaptogens that help to relieve cold symptoms. Non-drowsy and safe for ages 12 and up!

## 5. CORE PROBIO SUPREME - NEW -

30 delayed release capsules

Support everyday digestive health with 10 billion CFU and 15 probiotic strain that are grown right here in Canada!

## 6. L-THEANINE SUPREME

120 chewable tablets

Holidays feeling stressful? Try 100 mg of Suntheanine® L-theanine to help promote a relaxed, yet alert, state.

## 7. CALMING MIST

60 ml

Blended with organic lavender, vetiver, chamomile, and orange essential oils to support sleep and bring a sense of calm to hectic winter days.

## 8. WELLNESS CANDLES - NEW -

Assorted varieties - 207 ml

Discover your favourite holiday scent featuring all natural essential oils, wood wicks, and non-GMO coconut and apricot wax.







### FILSINGER'S ORGANIC APPLE CIDER VINEGAR

945 ml

Made with Ontario grown, certified organic apples then aged in oak without any additives or preservatives.



ON SALE!

8<sup>49</sup>



### 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!

6<sup>49</sup>



### WEDDERSPOON® ORGANIC MANUKA HONEY DROPS

Assorted varieties - 120 g

Soothe sore throats using the anti-bacterial properties of Manuka honey. Perfect for cold, flu and allergy season.



ON SALE!

9<sup>49</sup>



### MANITOBA HARVEST® HEMP HEARTS

Natural - 454 g or Organic - 340 g

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



Natural 454g

13<sup>99</sup>

Organic - 340 g

15<sup>49</sup>



### PATIENCE® FRUIT & CO. ORGANIC CRANBERRIES

Select varieties - 142 - 283 g

Slow grown in Quebec to produce bigger, softer and tastier berries.



ON SALE!

5<sup>29</sup>



### MARY'S ORGANIC™ CRACKERS

Assorted varieties - 156 g

Providing a rich, earthy flavour with a satisfying crunch. Delicious on their own or with your favourite toppings.



ON SALE!

7<sup>99</sup>



### ATTITUDE™ HOUSEHOLD CLEANERS

Assorted varieties  
and sizes

Cleaning products that are natural, eco-friendly, and hypoallergenic. These products are made with plant-derived ingredients and are Environmental Working Group verified.



ON SALE!

20%<sup>off</sup>



### EDWARD & SONS® BROWN RICE SNAPS®

Assorted varieties - 100 g

Exceptionally crisp and delicious, oven-baked instead of fried and contain no added oils or preservatives.



ON SALE!

5<sup>29</sup>



### NUTS TO YOU® ALMOND BUTTER

Crunchy or Smooth - 735 g

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



ON SALE!

17<sup>99</sup>



### NATURE CLEAN® DISH SOAP

Assorted varieties - 740 ml

Beats out grease and grime without the use of harsh or irritating chemicals.



ON SALE!

4<sup>99</sup>



### ALTER ECO® TRUFFLE THINS™

Assorted varieties - 84 g

Decadent truffle thin bars, made from organically grown and fair trade cocoa.



ON SALE!

2/\$10



### NOW® SWEETENERS

Assorted varieties and sizes

Ideal replacements for refined cane sugar in all of your favourite recipes.



ON SALE!

25%<sup>off</sup>



## Digestive Trio



**NATURAL FACTORS®**  
180 chewable tablets or  
90 softgels

**DGL Deglycyrrhizinated Licorice Root** aids in digestion and soothes and protects the stomach lining. **Activated Charcoal Capsules 250 mg** helps relieve bloating and fullness.

**21<sup>49</sup>**  
**18<sup>99</sup>**



**NATURAL FACTORS®**  
**HIGH POTENCY MULTI ENZYME**  
120 vegetarian capsules

Helps to improve digestion and reduces heartburn, gas and bloating after eating.

**42<sup>49</sup>**



**HEALTH FIRST® B100 COMPLEX SUPREME**  
120 vegetable capsules

Contains 100 mg of the major B vitamins to metabolize carbohydrates, fats and proteins, together with the popular adaptogen maca root.

**32<sup>99</sup>**



**HEALTH FIRST® L-THEANINE SUPREME**  
120 chewable tablets - Natural chocolate

Contains 100 mg of Suntheanine® L-theanine, which helps to promote a relaxed, yet alert, state.

**39<sup>99</sup>**



**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.

**44<sup>99</sup>**



**HEALTH FIRST® VISION SUPREME**  
100 vegetable capsules

Helps slow progression of macular degeneration and reduce risk of cataracts. Formulated to meet the renowned AREDS2 eye study.

**37<sup>99</sup>**



**HEALTH FIRST® PROSTATE PROTECT SUPREME**  
120 vegetable capsules

Is used in herbal medicine to help relieve the urologic symptoms associated with mild to benign prostatic hyperplasia. Contains Flowens® Cranberry and Saw Palmetto.

**71<sup>99</sup>**



**HEALTH FIRST® JOINTS FIRST**  
500 ml or 180 capsules

Combines a double glucosamine complex with collagen and traditional herbs to help prevent inflammation and relieve joint pain.

**30<sup>99</sup>**



**SISU ESTER-C® SUPREME**  
210 veg caps

An easy-to-digest, non-acidic form of vitamin C that stays in the body for a full 24 hours, for around-the-clock immune system support.

**65<sup>99</sup>**

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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](http://www.thegentlerain.ca)



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