

A PROUD MEMBER OF

HEALTH FIRST

ONE BIG FAMILY. ONE BIG COMMUNITY.

gentlerain

CELEBRATING 40 YEARS SERVING STRATFORD

HEALTH FOOD STORE

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

www.thegentlerain.ca



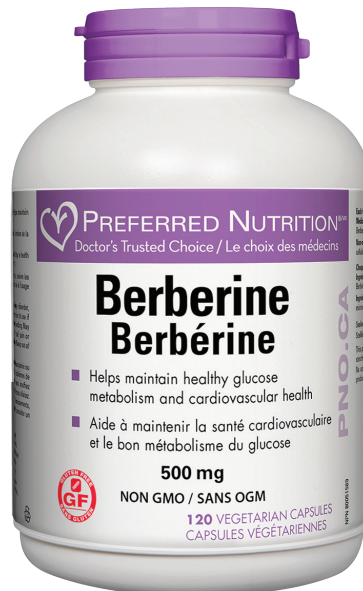
HEALTH FIRST® PROBIO SUPREME

60 delayed release capsules

Contains 55 billion live cultures and 14 research-backed bacterial strains to help support gastrointestinal health. Dairy and soy free.



ON SALE!
59⁹⁹



PREFERRED NUTRITION® BERBERINE 500 MG

120 vegetarian capsules

Helps maintain healthy glucose metabolism and cardiovascular health.



ON SALE!
37⁹⁹



TOTAL BODY COLLAGEN™

Assorted flavours - 500 g each

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



ON SALE!
49⁹⁹



HEALTH FIRST® UTI SUPREME

60 vegetable capsules

Contains clinically-studied ELLIROSE™ hibiscus along with cranberry and D-mannose which are shown to reduce recurrent urinary tract infections.



ON SALE!
24⁹⁹



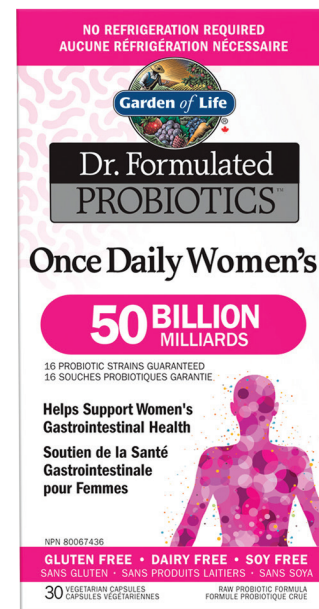
SALUS FLORAVIT® OR FLORADIX®

500 ml each

Clinically proven to raise serum ferritin levels (iron levels) quickly and restore your energy. Easily absorbed, non-constipating formula.

ON SALE!

41⁴⁹



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!
39⁹⁹

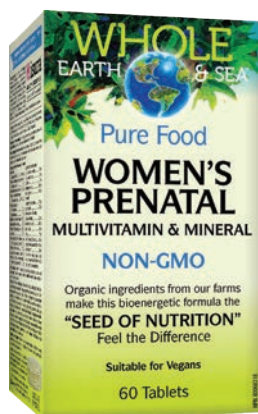
• SALE DATES: MAY 2 - 18, 2024 • HEALTHFIRST.CA •

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VIEW OUR FLYER ON

A-1

WOMEN'S HEALTH



WHOLE EARTH & SEA® WOMEN'S PRENATAL MULTIVITAMIN & MINERAL 60 tablets

A comprehensive, whole food-based supplement designed specifically for pregnant women.



ON SALE!

29⁹⁹



EFAMOL® EVENING PRIMROSE OIL 180 or 90 softgel capsules

Clinically proven to improve skin moisture, elasticity and firmness.



180 SOFTGELS

53⁴⁹

90 SOFTGELS

31⁹⁹



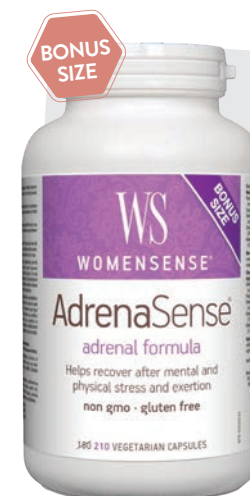
CANPREV™ MENO-PREV + MOOD & MEMORY 120 vegetable capsules

An all-natural formula designed to provide relief from hot flashes, night sweats and nervous tension, with support for mood, memory and libido.



ON SALE!

49⁹⁹



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

ACTIVE LIVING

prairienaturals®

LIVE THE HEALTHY LIFE®

Add More Superfoods to Your Everyday



43⁹⁹



31⁴⁹



41⁹⁹



39⁹⁹

Fermented & Organic Superfoods

prairienaturals.ca f i g t n



MYONATURAL™ 85 g

A fast-acting cream to help relieve the pain of sore muscles, arthritis and backache.

ON SALE!

32⁹⁹



PROGRESSIVE® 120 vegetable capsules each

Multivitamin for Active Men or Women addresses the health needs of active adults. Multivitamin for Adult Men or Women 50+ supports the needs of an aging body.



ON SALE!

40⁹⁹



GENUINE HEALTH ALL-IN-ONE Assorted flavours - 643 - 675 g

Contains 21 g of plant-based protein, greens, probiotics, stress-supporting ingredients, and a multivitamin and mineral blend. Available in unsweetened natural or vanilla!



ON SALE!

61⁹⁹



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.



ON SALE!

15% off



ITL HEALTH Assorted varieties - 150 g or 120 vegan capsules

Mag365 is a highly bioavailable magnesium citrate powder. PrizMAG Pure Magnesium Bisglycinate is free from fillers, stearates and magnesium oxide.



MAG 365

13⁹⁹

PRIZMAG

19⁹⁹



IRON VEGAN™ FERMENTED L-GLUTAMINE 400 g

Supports the immune system following periods of physical stress and assists in muscle cell repair after exercise.



ON SALE!

24⁹⁹

HEALTH
FIRST

GROCERY CORNER



MADE GOOD® SNACKS

Assorted varieties and sizes

Baked with organic ingredients, whole grains, and contain nutrients from vegetable extracts. Loved by kids and grown-ups alike.



3⁹⁹



KETTLE® BRAND POTATO CHIPS

Assorted varieties - 198 g

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



2/\$8



CHOSEN FOODS® AVOCADO OIL MAYONNAISE

Assorted varieties - 710 ml or 332 - 335 ml

Made with 100% pure avocado oil, cage-free eggs, organic vinegar, organic mustard, and spices. It's rich and slightly tangy—perfect for everyday use.



710 ML

16⁹⁹

332 - 335 ML

10⁹⁹



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.



14⁹⁹



ON SALE!
10⁹⁹


Organic Flax Oil

FROM SEED TO BOTTLE

- An excellent source of omega-3 fatty acids
- Unrefined, cold-pressed, virgin flax oil
- We press the seeds and bottle the oil in-house

Certified Kosher + Non-GMO + Organic + Vegan



FLORAHEALTH.COM | 1.888.436.6697 

FROZEN FOODS



MID-DAY SQUARES™

Assorted varieties - 33 g

Perfectly designed to stop your hunger or cravings in between meals. Each square is packed with clean plant protein, real chocolate and superfoods.



ON SALE!
2²⁹

STAHLBUSH ISLAND FARMS® FROZEN VEGETABLES

Assorted varieties - 300 - 397 g

Left in the field or on the vine until perfectly ripe, then immediately frozen to seal in the flavour and freshness.



ON SALE!
3⁹⁹



O'DOUGHS® BAGEL THINS

Assorted varieties - 300 g

Great-tasting and healthier gluten-free baked goods that your family will enjoy!



ON SALE!
4⁴⁹

AMY'S® BURRITOS

Assorted varieties - 156 - 170 g

Made by hand and come in a variety of delicious flavours.



ON SALE!
2/^{\$9}





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!

VEGAN GMOS GLUTEN
ON SALE!
14⁹⁹



PAMELA'S® BAKING & PANCAKE MIX
680 g

A delicious, quick and easy to make mix with 8 grams of whole grains per serving.

VEGAN GMOS GLUTEN
ON SALE!
12⁹⁹



SAN-J COOKING SAUCES
Assorted varieties - 296 ml

Perfectly balanced with rich flavours. These sauces are gluten-free and very versatile, from a marinade to a stir-fry, you can create delicious meals in a snap!

GMOS GLUTEN
ON SALE!
5⁴⁹



MARY'S ORGANIC CRACKERS™
Assorted varieties - 156 - 184 g

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

VEGAN GMOS GLUTEN
ON SALE!
7⁴⁹



GOOD TO GO® BARS

Assorted varieties - 40 g

Soft baked, keto certified and made with real, tasty ingredients - your taste buds won't believe it!

VEGAN GMOS GLUTEN
ON SALE!
3/\$7



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."

GMOS GLUTEN
ON SALE!
2/\$9



TRADITIONAL MEDICINALS® WELLNESS TEAS

Assorted varieties - 16 bags

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

VEGAN GMOS GLUTEN
ON SALE!
5⁴⁹



SCHÄR ARTISAN BAKER BREAD

Assorted varieties - 385 - 400 g

Made without the use of preservatives, using healthy whole ingredients. The taste and texture of this bread will amaze you!

GLUTEN
ON SALE!
7⁴⁹



CHA'S ORGANICS COCONUT MILK OR CREAM
Select varieties - 400 ml

Fair trade certified with 1% of profits going towards protecting Sri Lanka's wild elephants.



ON SALE!

3⁹⁹



SIETE GRAIN FREE TORTILLA CHIPS

Assorted varieties - 142 g

Made with simple ingredients like cassava flour and 100% avocado oil for a gluten- and dairy-free snack.



ON SALE!

6⁹⁹



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!

2/\$9



NAVITAS® ORGANICS CACAO NIBS OR POWDER

227 g each

Perfect additions to smoothies and delicious used in raw baking. They also contain naturally occurring minerals and antioxidants.



ON SALE!

9⁹⁹



PRAIRIE NATURALS® HAIR-FORCE
180 + 20 softgels

Combines a blend of 22 natural nutrients recognized for their role in restoring, repairing and nourishing hair.

GMOS GLUTEN
ON SALE!
59⁹⁹



A. VOGEL GOODNIGHT!
14 sachets x 2 g

A non-habit forming formula that calms the mind to induce sleep and enhances sleep quality to leave you feeling rested without grogginess.

VEGAN
ON SALE!
22⁹⁹



BEAUTY BOUTIQUE



PRAIRIE NATURALS® SHAMPOOS OR CONDITIONERS
Assorted varieties - 350 - 500 ml

Made from herbal extracts and natural plant emollients, leaving your hair shiny and manageable.

GMOS GLUTEN
ON SALE!
13⁹⁹



DERMA E NATURAL BEAUTY PRODUCTS
Assorted varieties and sizes

Natural, therapeutic beauty formulations that are rich in vitamins, antioxidants and botanicals.

VEGAN GMOS GLUTEN
ON SALE!
20% 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!
20% 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!
18⁹⁹

HEALTH FIRST®



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.

GMOS GLUTEN
ON SALE!
67⁹⁹



HEALTH FIRST® ZINC PLUS COPPER
100 capsules

A critical balance of zinc and copper, two key minerals to support healthy tissue formation and iron absorption while strengthening immune function.

GMOS GLUTEN
ON SALE!
10⁹⁹



HEALTH FIRST® TESTO SUPREME
60 vegetable capsules

Contains KSM-66® organic ashwagandha root extract and helps to promote healthy testosterone production in males.

GMOS GLUTEN
ON SALE!
19⁹⁹



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.

VEGAN GMOS GLUTEN
ON SALE!
32⁹⁹



**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



**FLORA
IMMEDIATE
RELIEF
ENZYMES**
120 vegetarian capsules

Especially helpful for those with diets high in protein and fibre, this vegetarian formula can help provide relief from occasional heartburn, gas, bloating, and indigestion.



ON SALE!
33⁹⁹



BIOFIL™
120 vegetarian capsules

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



ON SALE!
62⁹⁹



**HEALTH FIRST®
CURCUMIN
SUPREME EXTRA
STRENGTH**
60 vegetable capsules

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



ON SALE!
36⁹⁹



**NUTRAVEGE™
PLANT-BASED
OMEGA-3**
Assorted flavours -
200 ml or 30 softgels

Vegan-friendly with 150mg EPA + 300 mg DHA from algae. One tsp. (5ml) or one softgel per day. Also with 1000IU Vegan Vitamin D.



200 ML
ON SALE!
31⁹⁹
30 softgels
22⁹⁹



NOW® ESSENTIAL OILS
Assorted varieties and sizes

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

ON SALE!
20% off



**HEALTH FIRST®
JOINTS FIRST
500 ml**

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



ON SALE!
29⁴⁹

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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