

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



BUILD YOUR DAILY DEFENSE

Help your body stay resilient this season!

**FREE Health First Exclusive
Immune Webinar**
Join us on **September 16th** at
7pm ET / 4pm PT

**HEALTH FIRST® COLD
DEFENSE SUPREME**
33 vegetable capsules



ON SALE!

9⁹⁹

SCAN TO REGISTER



**ST. FRANCIS
HERB
FARM DEEP
IMMUNE®**
100 ml + FREE
Vitamin D
15 ml –
Original
or Kids

Made from powerful
adaptogenic
herbs that work
to balance and
optimize the
immune system.
**Also available for
kids!**



ON SALE!

29⁴⁹



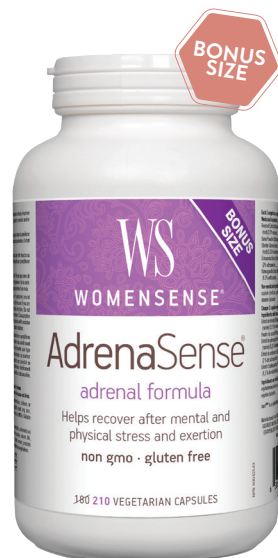
**NATURAL
FACTORS®
STRESS-
RELAX®
MENTAL
CALMNESS®**
100 MG
120 chewable
tablets

Helps reduce
feelings of stress
and anxiety
and promotes
relaxation without
drowsiness.



ON SALE!

34⁹⁹



**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



**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



AQUAOMEGA

Assorted varieties and sizes

Made from wild-caught anchovy.
Helps maintain cardiovascular
health and support cognitive health.



ON SALE!

20% off



**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

• SALE DATES: SEPTEMBER 4 – 20, 2025 • HEALTHFIRST.CA •



NATURAL FACTORS® UBIQUINOL ACTIVE COQ10 200 mg 60 softgels

The active form of coenzyme Q10 which is naturally produced by our cells and better absorbed. Helps maintain cardiovascular health and offers antioxidant protection.



ON SALE!
69⁹⁹



HARMONIC ARTS FUNCTIONAL MUSHROOM TINCTURES Select varieties - 50 or 100 ml

Featuring 100% fruiting body, these tinctures are formulated with ethically sourced ingredients and are hand-crafted on Vancouver Island for effectiveness and ease-of-use.



ON SALE!
15%^{off}



NUTRASEA® DRY EYE TARGETED OMEGA-3 120 softgels fresh mint or 200 ml citrus

Helps to relieve and improve symptoms of dry eye syndrome, including support for proper tear function. Provides 1500 mg of EPA+DHA and 150 mg of GLA.



ON SALE!
46⁹⁹



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



PREFERRED NUTRITION® PROBIOTIC 1 BILLION 50 gummies

Each gelatin-free gummy provides 1 billion active probiotics to help support intestinal health. Suitable for kids aged three and older.



ON SALE!
19⁹⁹



PROGRESSIVE® GRASS-FED WHEY PROTEIN Assorted flavours - 850 g

Features a gently processed, low-temperature filtered whey protein concentrate imported from New Zealand. Contains zero artificial flavours, colours, or sweeteners.



ON SALE!
49⁹⁹

SALUS BONUS PACKS (500 ml + 250 ml)

59⁹⁹
EACH



KINDERVITAL MULTIVITAMIN

SUPERCARGE YOUR KIDS WITH KINDERVITAL

- Provides essential building blocks for healthy muscles, strong bones, and enhanced vision.



FLORADIX LIQUID IRON VEGETARIAN FORMULA

- Clinically proven to quickly raise iron levels in the body, thereby restoring energy and well-being.
- Formulated for those with low iron or anemia.
- Easily absorbed, non-constipating formula.



FLORAVIT LIQUID IRON VEGAN & GLUTEN FREE



CALCIUM MAGNESIUM

HEALTHY BONES & HEALTHY BODY

- Needed for strong and healthy bones.
- Easily absorbed liquid formula.



PROGRESSIVE® VEGEGREENS® Assorted flavours - 265 g

A great-tasting comprehensive combination of over 60 land, sea and cruciferous vegetables, EFAs, and herbal extracts. Each scoop provides the nutrient equivalent of 6 to 8 servings of fresh vegetables.



ON SALE!
41⁹⁹

HEALTH
FIRST

GROCERY CORNER



**BULLETPROOF™
COFFEE OR BRAIN
OCTANE®**
Select varieties and sizes

Blend together with grass-fed butter for improved performance and energy. A delicious and keto-friendly way to start your day!

ON SALE!

15%^{off}



RAINCOAST GLOBAL™ WILD SKIPJACK TUNA

Assorted varieties - 142 g

Sourced from MSC-certified pole and line fisheries and packaged in BPA free cans. 100% traceability from boat to can.



ON SALE!

4²⁹



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!

11⁹⁹



TRADITIONAL MEDICINALS® WELLNESS TEAS

Assorted varieties - 16 bags

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



ON SALE!

5⁹⁹



PATIENCE® FRUIT & CO. ORGANIC CRANBERRIES

Select varieties - 227 - 283 g

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



ON SALE!

4⁹⁹



MANITOBA HARVEST® HEMP HEARTS

Natural - 227 g or Organic - 340 g

A delicious way to get your protein, omegas and other essential vitamins and minerals. Add them to everything - from salad to cereal, smoothies and yogurt.



Natural - 227 g

7⁷⁹

Organic - 340 g

15⁴⁹



SEPTEMBER 1 - 30



Organic reduces health risks by minimizing exposure to toxic and persistent chemicals and pesticides

Mounting evidence shows that food grown organically has a higher concentration of nutrients



53% of Canadians say they are very or moderately concerned about genetically engineered foods

47% say that food that is certified and organically produced is better for the environment



By choosing organic, you are supporting sustainable and healthy food production, humane animal treatment practices, traceability from farm to fork, all backed by a certification system



Scan for more info

Canada Organic trade association
Association pour le commerce Biologique du Canada

More info:

choosecanadaorganic.ca/organic-month-for-business

To get involved in Organic Month, contact:
programs@canada-organic.ca

FROZEN FOODS



CALIFIA FARMS® PLANT-BASED BEVERAGES
Assorted varieties - 1.4 L

Artisanally crafted from oats, almonds, cashews or coconuts for ultra-creamy goodness.



ON SALE!

6²⁹



AMY'S® ENTRÉE BOWLS
Select varieties - 227 - 284 g

Made from the same real food ingredients that you use in your own kitchen.



ON SALE!

8⁴⁹



EARTH BALANCE® VEGAN BUTTERY SPREADS

Select varieties - 368 - 425 g

Creamy, spreadable texture and rich buttery taste. Use for cooking, spreading and baking.



ON SALE!

7⁹⁹



O'DOUGHS® BAGEL THINS
Assorted varieties - 300 g

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



ON SALE!

4⁷⁹



GARDEIN™ PLANT-BASED MEALS
Assorted varieties - 190 - 390 g

Completely meatless, healthy alternatives to common meat dishes, fit for both vegetarians and vegans.



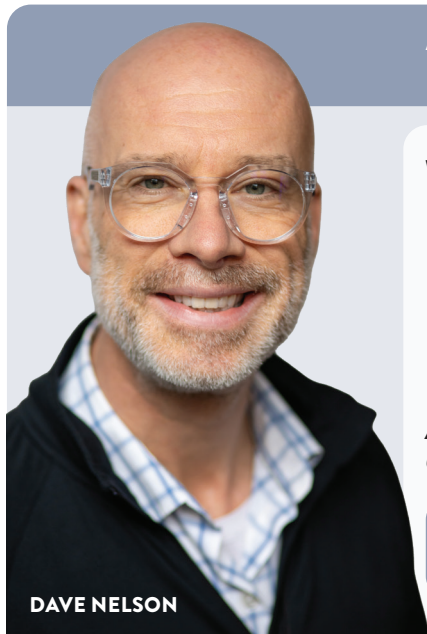
ON SALE!

7⁹⁹



BUILD YOUR DAILY DEFENSE

Help Your Immune System Stay Resilient!



DAVE NELSON

A Health First Exclusive Webinar

Presented by Functional Medicine Expert Dave Nelson

WHAT YOU'LL LEARN:

- How to assemble an effective immune support kit
- Daily habits that contribute to long-term wellness
- Key nutrients for immune health
- When to supplement daily vs. seasonally
- Supportive routines for the whole family

All attendees will be entered into a gift basket draw and receive access to exclusive offers.

SCAN TO REGISTER

Reserve early to secure your spot!



WHEN COLD SYMPTOMS STRIKE!



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

JOIN US TUESDAY, SEPTEMBER 16, 2025, AT 7:00 PM ET / 4:00 PM PT

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

healthfirst.ca   



BUILD YOUR IMMUNE SUPPORT KIT

With “that time of year” just around the corner, prioritize your well-being and be prepared for the first hint of illness with the Health First line of immune supporting supplements. Build your immune support kit and follow our lifestyle tips to enhance your body's natural defenses, promote overall wellness and prepare for the season ahead!



IMMUNE SUPPORT TIPS:

- Stay hydrated throughout the day to support immune function.
- Incorporate a variety of colourful fruits and vegetables rich in antioxidants.
- Get regular exercise to boost overall immune system resilience.
- Prioritize sleep to ensure your body's natural defenses are functioning optimally.
- Supplement with key nutrients for immune health.

DAILY IMMUNE SUPPORT

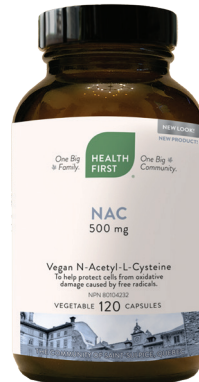


IMMUNO FIRST 60 vegetable capsules

A daily supplement that helps to support the immune system while also maintaining eyesight, healthy skin and mucous membranes with a potent plant based phytosterol, beta-sitosterol and vitamin A rich formula.

 **ON SALE!**
26⁹⁹

ANTIOXIDANT IMMUNE DEFENSE



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

NATURAL COUGH RELIEF



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

EASE SINUS CONGESTION



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



EVERYDAY IMMUNE ESSENTIALS

Our range of natural immune essentials includes vitamins and minerals in capsules, chewables, and liquid drops. Find the perfect solution tailored to fit your lifestyle, ensuring you stay strong and vibrant throughout the year.



VITAMIN D3 1000 IU OR EXTRA STRENGTH 2500 IU 30 ml each

This seasonal staple helps support your immune system and prevents vitamin D deficiency, especially during the darker winter months. Each drop provides 1000 IU or 2500 IU of cholecalciferol, the natural form of vitamin D made in your skin, in a base of MCTs.

1000 IU **19⁹⁹**
2500 IU **21⁹⁹**



ZINC PLUS COPPER 100 chewable tablets

Zinc is well known for its immune health benefits along with helping maintain healthy skin, hair and nails.

Our formulas, available in a vegetable capsule or chewable tablet, contain a balanced ratio of zinc and copper to help prevent deficiency.

100 chew tabs **17⁹⁹**

VITAL VITAMIN C

One of the best known vitamins to help support immune health, vitamin C is also essential for collagen formation and helps build healthier bones, skin and teeth.



BERRY C SUPREME 180 vegetable capsules

Formulated with calcium ascorbate, a highly bioavailable form of vitamin C. Berry C Supreme also contains Bioperine®, antioxidants, red bioflavonoids and quercetin.

ON SALE!
33⁹⁹



VITAMIN C 100 chewable tablets

Our chewable vitamin C contains 400 mg of ascorbic acid and sodium ascorbate, a gentle and highly bioavailable form of vitamin C. Suitable for the whole family!

ON SALE!
20⁹⁹



WELLNESS THAT WORKS FOR YOU

Wellness begins with a strong nutritional foundation, and that means choosing vitamins and minerals that support your unique needs. Whether you're balancing a busy routine, filling nutrient gaps, supporting bone health, or boosting daily energy, these essential nutrients work together to help you feel your best, your way.



MULTI ONE DAILY SUPREME WITH IRON OR MULTI SUPREME IRON FREE 100 tablets or 100 vegetable capsules

Health First Multi One Daily Supreme With Iron and Multi Supreme Iron Free 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
28⁹⁹

IRON FREE
24⁹⁹



Proudly Canadian. Locally Rooted.

Health First is a Canadian network of Independent Natural Health stores. We've been supporting communities with trusted wellness products, personalized advice, and exclusive education since 1999.



CAL MAG SUPREME 120 tablets

Support bone health and reduce the risk of osteoporosis with Cal Mag Supreme. Featuring Aquamin™, a whole food red algae rich in calcium, magnesium and 72+ trace minerals along with key nutrients that work together to ensure calcium is delivered to the bones, including vitamins D3 and K2, and minerals potassium and boron.

ON SALE!
48⁹⁹



PRE AND POST NATAL MULTI SUPREME 90 vegetable capsules

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

ON SALE!
25⁹⁹

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



NAKED & SAUCY™ SAUCES

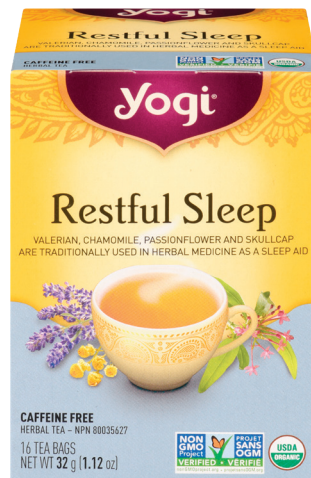
Select varieties - 296 ml

Organic, ethically sourced ingredients and no compromise on flavour.



ON SALE!

8²⁹



YOGI® ORGANIC TEAS

Assorted varieties - 16 bags

Formulated with delicious taste and healthful benefits in mind. Made with organic ingredients.



ON SALE!

6⁴⁹



EDEN® ORGANIC BEANS

Assorted varieties - 796 ml

Grown on family farms, soaked overnight and canned in BPA-free cans with no added salt.



ON SALE!

15% off



CHA'S ORGANICS COCONUT ROLLS

Assorted varieties - 100 g

Crispy wafer rolls made from pure organic coconut milk.



ON SALE!

5⁷⁹



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% off



NATURE CLEAN® DISH SOAP

Assorted varieties - 740 ml

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



ON SALE!

4⁷⁹



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!

10% off



BLUME SUPERFOOD LATTES

Assorted varieties - 100 - 125 g

A delicious, healthy coffee alternative, made by nutritionists with 25 servings of organic superfoods in every pouch.



ON SALE!

21⁹⁹



PAMELA'S® BAKING & PANCAKE MIX

1.81 kg or 680 g

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



1.81 kg

33⁹⁹

680 g

13⁴⁹



ELMHURST® PLANT-BASED MILKS
Assorted varieties - 946 ml

Made without using gums or fillers. Just a few simple ingredients so that you experience the flavour and nutrition in each creamy glass.



ON SALE!

7⁹⁹



FARMER'S MARKET® ORGANIC PUREES
Assorted varieties - 398 ml

Made using organic ingredients. Come in BPA free cans and can be used for all your cooking and baking needs!



ON SALE!

4⁹⁹



UNCLE LEE'S TEA® PREMIUM ORGANIC TEAS
Select varieties - 100 tea bags

Using larger leaf pieces offers a more flavourful distillation. Grown without the use of pesticides and full of health-promoting antioxidants.



ON SALE!

8⁴⁹



JUSTJUICE ORGANIC CRANBERRY JUICE
946 ml

Freshly squeezed juice containing 2-3 lbs of organic cranberries in every bottle. No water or sugar added - just 100% juice!



ON SALE!

13⁹⁹



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

A great source of protein for a healthy snack. This natural butter will leave you wanting more.



ON SALE!

9⁹⁹



NUTIVA® ORGANIC VIRGIN COCONUT OIL
860 ml

Coconut is one of the world's most nourishing superfoods. Its oil is perfect for sautéing, baking, enhancing your favourite recipes, and body care.



ON SALE!

19⁹⁹

2449 **BOLD, SMOOTH FLAVOUR**

OMEGAS

#1 SELLER

SUPPORTS HEART AND BRAIN HEALTH

FISH-BASED SOFTGEL

LAB-TESTED FOR POTENCY, PURITY, AND SAFETY FROM HEAVY METALS

42.99

Wild Omega 3
EPA 660 mg • DHA 330 mg
ULTRAPURE PHARMACEUTICAL-GRADE
Cognitive / Brain Function
Cardiovascular Health

New Roots
HERBAL

ULTRAPURE, PHARMACEUTICAL-GRADE, 2:1 RATIO

New Roots
HERBAL

TESTED IN AN ISO 17025 ACCREDITED LABORATORY

GMP CERTIFIED MANUFACTURING PLANT

Proudly Canadian

NON GMO



RENEW LIFE®
ULTIMATE
FLORA®
30 or 60 vegetarian capsules

Colon Care™ Probiotic
helps restore digestive harmony. **Women's**
Extra Care® Probiotic
helps support women's intestinal and gastrointestinal health.



COLON CARE

51⁴⁹
WOMEN'S
65⁴⁹

New and improved formula with nano silver! No foaming agents, colouring, glycerin or fluoride. Everything your mouth needs and nothing extra.



ON SALE!

20%
off



Made with plant-based botanicals. Available in a formula for every hair type and texture.

ON SALE!

1399



Cruelty-free and
vegan natural skincare
products that are
rich in vitamins,
antioxidants and
botanicals.



ON SALE

25%
off



100% natural,
aluminum-free
deodorant made with
beneficial ingredients
like sage extract and
Labrador tea.



25% off



The solution to both restoring a healthy magnesium level and balancing your calcium intake, providing natural stress relief.



4526

100

49⁹⁹

3366

29⁹⁹

Formulated to gently and effectively support your body's natural detoxifying and elimination process.



24



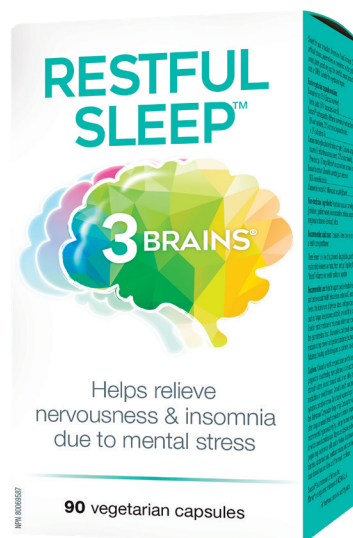
TOTAL BODY COLLAGEN™

Assorted flavours - 500 g

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



ON SALE!
53⁴⁹



3 BRAINS® RESTFUL SLEEP™

90 vegetarian capsules

A melatonin-free sleep aid that helps relieve insomnia, nervousness, and restlessness caused by mental stress.



ON SALE!
21⁹⁹



CANPREV™ MAGNESIUM BIS-GLYCINATE 200 GENTLE

240 or 120 vegetable capsules

Delivers a powerful dose of pure elemental magnesium in a form known for its superior absorption and gentleness on the bowels.



240 vcaps
35⁹⁹
120 vcaps
24⁹⁹



HEALTH FIRST® ACTIVE FOLATE SUPREME

100 vegetable capsules

Contains active L-5-methyltetrahydrofolate, the most highly bioavailable form of folate.



ON SALE!
15⁹⁹



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



GENUINE HEALTH FERMENTED ORGANIC VEGAN PROTEINS+

1080 g

Contains 20 grams of fermented protein from a mix of 7 plant-based organic sources.



ON SALE!
64⁹⁹



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.



ON SALE!
32⁹⁹

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