

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

RESET & RENEW

HEALTH FIRST® LIVER SUPREME
60 vegetable capsules

Features Siliphos® silybin Phytosome® milk thistle extract, alpha-lipoic acid, plus dandelion root to help support liver function and relieve digestive disturbances.

VEGAN GMOS GLUTEN

ON SALE!

Scan the QR code for our Reset & Renew Guide, packed with tips for liver health, digestion, and overall wellness.

39⁹⁹

NATURAL FACTORS® LIPOSOMAL VITAMIN C
180 liquid softgels

Supports immune function, helps in wound healing and collagen formation, and provides antioxidants that help protect against free radicals.

Liposomal HIGH ABSORPTION Vitamin C
1000 mg per dose
UNIQUE TECHNOLOGY
180 Liquid Softgels

GMOS GLUTEN

ON SALE!

36⁹⁹

The Preferred choice for Absolutely YUMMY delicious GUMMIES

20% OFF Select varieties and sizes

Made with natural ingredients
Naturally sweetened, gelatin-free, gluten-free, and non-GMO
Perfect for adults of all ages

HOST DEFENSE MUSHROOMS
LION'S MANE

MEMORY & NERVE SUPPORT
SOUTIEN DE LA MÉMOIRE ET DES NERFS

GLUTEN FREE SANS GLUTEN
60 Vegetarian Capsules
60 capsules végétales
NPN 80046675

HOST DEFENSE Mushrooms
LION'S MANE
Mushroom Mycelium Powder
Poudre de mycélium de champignon

Immune Support* / Soutien immunitaire*
100g Powder / Poudre

HOST DEFENSE® MUSHROOMS
Select varieties and sizes

Certified organic medicinal mushrooms formulated and grown by world-renowned mycologist Paul Stamets.

VEGAN GMOS GLUTEN

ON SALE!

10% off

HEALTHOLOGY CHOLESTOL-LESS
60 soft-gel capsules

Helps maintain and support cardiovascular health by lowering total blood and LDL cholesterol and maintaining healthy cholesterol levels.

Helps to maintain and support cardiovascular health in adults.

Aide à baisser le cholestérol total et le cholestérol LDL, et à maintenir des taux sains de cholestérol cardiovasculaire chez les adultes.

60 Soft-Gel Capsules
60 capsules molles
NPN 80088488

GMOS GLUTEN

ON SALE!

40⁹⁹

CANPREV™ COLLAGEN
Assorted varieties - 213 - 300 g

Offers hydrolyzed peptides in the right size and sequence for enhanced collagen building for skin, muscle, joint and cartilage, tendon and bone.

Collagen Full Spectrum
PEPTIPLUS

100% Pure Hydrolyzed Peptides
Enhanced Solubility & Bioavailability

PRO ESSENTIA

NPN 80088488 250 GRAMS GRAMMES

PREMIUM NATURAL HEALTH PRODUCTS

GMOS GLUTEN

ON SALE!

39⁹⁹

The Preferred choice for Helping Relieve CHRONIC PAIN

PEA Chronic Pain Relief
400 mg
MICRONIZED OF SAFFLOWER OIL
100% PURE
120 CAPSULES

Helps relieve chronic pain

Features naturally produced PEA from fractionated, non-GMO safflower oil

This formula features micronized PEA for improved solubility and absorption

33⁹⁹
120 capsules

Preferred NUTRITION®
pno.ca

• SALE DATES: MARCH 6 - 22, 2025 • HEALTHFIRST.CA •



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



HEALTH FIRST® OMEGA FIRST

120 gencaps

A concentrated fish oil sourced from wild caught, sustainably harvested, small fish species which helps support cardiovascular health, cognitive health and brain function.



ON SALE!
41⁹⁹



HEALTH FIRST® RESPIR FIRST

500 ml

Delicious herbal formula that helps to relieve bronchitis, coughs, colds, and seasonal allergy symptoms.



ON SALE!
20⁹⁹



NUTRASEA® HP OMEGA-3

200 ml

Great-tasting, provides 1500 mg EPA plus 500 mg DHA to support the maintenance of good health and cognitive and brain function.



ON SALE!
44⁹⁹



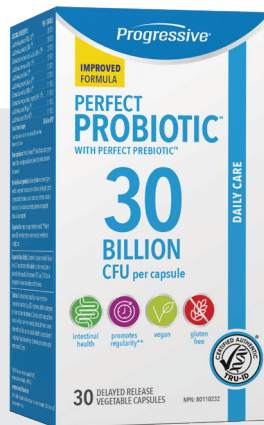
PRAIRIE NATURALS® HAIR-FORCE

180 + 20 softgels

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



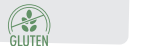
ON SALE!
59⁹⁹



PROGRESSIVE® PERFECT PROBIOTIC™ 30 BILLION

30 delayed release vegetable capsules

100% human strain, a better match to your own gut flora and overall health benefits. TRU-ID® guarantees every strain listed on the label is found in the product.



ON SALE!
25⁴⁹



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!
48⁹⁹

GENUINE HEALTH

#1 GREENS IN CANADA



35⁴⁹

- ✓ Foundational nutrition for your body.
 - ✓ Supports energy, gut and overall health.
 - ✓ Unique blend of superfoods, plant nutrients, antioxidants, and probiotics.
- assorted sizes 208 g - 228 g



38⁹⁹

- ✓ Reduce stress.
 - ✓ Reduce irritability.
 - ✓ Improve sleep.
- 60 capsules



38⁹⁹

- ✓ Balance & uplift mood.
 - ✓ Healthier mental outlook.
 - ✓ Antioxidant support.
- 60 capsules



38⁹⁹

- ✓ Sharpen memory.
 - ✓ Enhance cognition.
 - ✓ Antioxidant support.
- 60 capsules

GENUINEHEALTH.CA



PROUDLY CANADIAN



PRAIRIE NATURALS® SHAMPOOS OR CONDITIONERS

Assorted varieties - 350 - 500 ml

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



ON SALE!
13⁹⁹



HERBATINT® PERMANENT HAIR COLOUR GEL

Assorted colours - 135 ml

Formulated using safe ingredients balanced with extracts from natural herbs. No ammonia, no damage, just healthy shine.

ON SALE!
16⁹⁹



SKIN ESSENCE ORGANICS SKIN CARE

Assorted varieties and sizes

A premium, certified organic skin care line that sources the highest quality ingredients from around the world.



ON SALE!
15% off

LOOK FOR THIS LOGO IN OUR FLYER TO FIND PRODUCTS PROUDLY MADE IN CANADA!



NOW® WHOLE PSYLLIUM HUSKS
454 g

A convenient way to increase your intake of soluble fibre and support a healthy digestive tract.



ON SALE!
17⁹⁹



YOGI® ORGANIC TEAS
Assorted varieties - 16 bags

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



ON SALE!
5⁹⁹



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!
5⁴⁹



ORGANIC TRADITIONS® LATTES WITH PROBIOTICS
Assorted varieties - 150 g

Made with a base of coconut milk powder for a delicious, creamy texture and lightly sweetened with coconut sugar. 1 billion heat and shelf stable probiotics per serving.



ON SALE!
16⁹⁹



NUTS TO YOU® ALMOND HAZELNUT BUTTER
365 g

Tastes nutty, rich and exotic. A great source of calcium, iron, fibre, essential fat and protein.



ON SALE!
9⁴⁹



PATIENCE® PURE UNSWEETENED ORGANIC CRANBERRY JUICE
946 ml

There is nothing like pure, unsweetened organic cranberry juice. Because it is made without added water or sugar, it is a guilt-free pleasure.



ON SALE!
10⁴⁹



NUTIVA® ORGANIC LIQUID MCT OIL
473 ml

A lighter, cleaner tasting MCT oil made using fresh, young organic coconuts and processed without heat, chemicals or fillers.



ON SALE!
22⁹⁹



DUTCHMAN'S GOLD RAW HONEY
1 kg or 500 g

Unpasteurized and lightly filtered, preserving all of the wonderful compounds that nature intended. Its creamy texture is perfect on toast, or in recipes and hot drinks.

ON SALE!
19⁹⁹

ON SALE!
10⁹⁹



LAKWOOD® ORGANIC PURE LIME OR LEMON JUICE
370 ml each

NOT from concentrate, all-natural, organic pure lemon and lime juices.



ON SALE!
4⁹⁹



UNCLE LEE'S TEA® BODY BALANCE DIETER TEAS
Assorted varieties - 30 tea bags

Based on a centuries-old recipe blending premium herbs and spices to assist you on your health journey.



ON SALE!
6⁹⁹



RAINCOAST TRADING™ WILD PINK SALMON
Assorted varieties - 160 g

Comes in BPA free cans and is a product of Canada. 100% traceability from boat to can.



ON SALE!
4⁹⁹



INARI ORGANIC BLACK CHIA SEEDS
500 g

Abundant in essential fatty acids and an excellent source of fibre.



ON SALE!
6⁹⁹



FLORA FERRITIN+™
30 delayed release
vegan capsules



This plant-based ferritin iron is made with organic peas. Just one capsule per day helps maintain healthy iron levels, and supports energy and mental clarity.

ON SALE!
28⁹⁹

Energy support for every stage of *life*

Support energy and vitality with the Regenerlife™ healthy-aging line.

Mitochondrial Energy supports cellular powerhouses with CoQ10, acetyl-L-carnitine, and ElevATP™ to optimize energy production and reduce fatigue. **Creatine** builds strength and recovery with micronized creatine monohydrate, fuelling high-intensity activity and muscle health. **NMNSurge** replenishes NAD+ levels with nicotinamide mononucleotide (NMN) for cellular repair and sustained energy.



47⁹⁹
60 vegetarian capsules



51⁹⁹
81 g powder



23⁹⁹
300 g powder



NOW® SUPER ENZYMES
180 capsules

A comprehensive blend of bromelain, ox bile, pancreatin and papain that supports healthy digestive function and optimizes the breakdown of macronutrients.

ON SALE!
41⁹⁹



BONUS
ST. FRANCIS HERB FARM® DEEP IMMUNE®
120 vegicaps

Made from eight powerful adaptogenic herbs to support and fortify the immune system by restoring the body's innate balance.

ON SALE!
33⁴⁹

1 IN 3 CANADIANS DOESN'T GET ENOUGH MAGNESIUM

ARE YOU?

29⁴⁹

Magnesium Bisglycinate Plus
150 mg Elemental Magnesium
Healthy Muscle Function
Very Gentle on the Stomach

New Roots HERBAL

Inspired by Nature, Driven by Science to *Make Life Better!*

THE GOLDEN ROOT FOR INFLAMMATION

30⁴⁹

Curcumin PLUS PIPERINE
95% Curcuminoids
500 mg
Anti-inflammatory

- OPTIMAL BIOAVAILABILITY
- CONTAINS PIPERINE TO IMPROVE ABSORPTION
- 95% CURCUMINOIDS
- CARBON 14-TESTED



HEALTH FIRST® MEN'S 50 PLUS OR WOMEN'S 50 PLUS MULTI SUPREME
60 vegetable capsules each



Featuring highly bioavailable vitamins and minerals, plus ElderCraft® elderberry for immune and joint health and Kaneka Ubiquinol® for heart health.

ON SALE!
37⁹⁹

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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