



EAT WELL BE HAPPY

**ORGANIC
BROCCOLI CROWNS**
\$2.49/lb



PARMESAN ROASTED BROCCOLI

Makes 4-6 Servings

- 1 lb broccoli, cut into florets
- 2 Tbsp olive oil
- 3 cloves garlic, grated
- 3 Tbsp Parmesan, shredded
- 1/2 tsp kosher salt
- 1/4 tsp pepper
- 1/4 tsp red chili flakes

1. Preheat the oven to 400°F. Line a rimmed baking sheet with parchment paper or a silicone mat.
2. Add all ingredients to a bowl, toss to coat.
3. Place in a single layer on the baking sheet. Roast 15-20 minutes, or until tender.



**LOCAL ORGANIC
BABY BOK CHOY**
\$2.99/lb



**ORGANIC
FUYU PERSIMMONS**
\$3.99/lb



**ORGANIC
GREEN BEANS**
\$3.99/lb



**ORGANIC
OPAL APPLES**
\$1.99/lb



Organic Produce · On Sale 10/17 - 10/23

PERSIMMON MUFFINS

Makes 12-15 Muffins

- 2 cups unbleached all purpose flour
 - 1 tsp baking soda
 - 1 tsp baking powder
 - 1 tsp cinnamon
 - ½ tsp kosher salt
 - ½ tsp nutmeg
 - ¼ tsp cloves
 - ¼ tsp cardamom
 - ½ cup unsalted butter, softened to room temperature
 - ½ cup brown sugar,
- or Golden Lakanto Monkfruit Sweetener
- 2 large eggs, room temperature
 - ½ cup cultured buttermilk, room temperature
 - ½ cup sour cream
 - 2 very ripe persimmons, pulp scooped out
 - 1 apple, peeled, cored, and finely chopped
 - 1 cup raisins
1. Preheat the oven to 350°F. Line a muffin pan with baking cups.
 2. In a medium bowl, whisk together flour, baking soda, baking powder, cinnamon, salt, nutmeg, cloves, and cardamom. Set aside.
 3. In a second bowl, cream together butter and sugar until fluffy, about 2 minutes.
 4. Beat in eggs, one at a time. Then add buttermilk, sour cream, and persimmon pulp.
 5. Stir in flour mixture until just combined. Fold in chopped apple. Do not overmix. Fill each baking cup to the top.
 6. Bake for about 30 minutes, or until a toothpick inserted into the center comes out clean.
 7. Allow muffins to cool in the pan 2-5 minutes before removing to a rack.



LADYBUG

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MAKE MUSHROOM CALZONES TONIGHT!



ORGANIC DRAGON FRUIT

\$6.99/lb



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CARAMEL APPLE GALETTE

Makes 6 Servings

- 1 Recipe quick puff pastry
 - 6 small apples, peeled, cored, and sliced 1/8-inch thin
 - 2 Tbsp turbinado sugar
 - 2 Tbsp granulated cane sugar
 - 1 tsp cinnamon
 - 1 tsp vanilla extract
 - 1 Tbsp cornstarch
 - 1 egg white mixed with 1 Tbsp water
 - Caramel Sauce
 - 3/4 cup turbinado sugar
 - 1/2 cup heavy cream
 - 3 Tbsp butter
 - Pinch kosher salt
 - 1 tsp vanilla extract
1. Preheat the oven to 400°F. Line a baking sheet with parchment or a silicon baking mat.
 2. In a bowl, toss together sliced apples, turbinado sugar, cinnamon, vanilla extract, and 1/2 Tbsp of the cornstarch. Allow to macerate for 30 minutes, drain juice into a small saucepan.
 3. Heat apple juice and remaining cornstarch over medium high, and cook, whisking constantly until thickened. Toss with apples.
 4. Roll out the puff pastry into a 14-inch diameter circle. Place it on the prepared baking sheet. Arrange apples in the center of the pastry in a mostly even layer, leaving a three inch border between the fruit and edge of the pastry.
 5. Fold edges of the pastry over the fruit. There will be a large hole in the center for steam to escape. Freeze the galette for 15 minutes. Brush crust with egg wash. Bake in the preheated oven for 30-40 minutes, or until the crust is golden and puffed and the filling is bubbly.
 6. In a small saucepan, heat sugar, cream, butter, and salt. Bring to a simmer over medium heat, stirring constantly. Continue stirring until slightly thickened, about 5-7 minutes. Remove from heat and stir in vanilla. Allow to cool to room temperature before refrigerating in a sealed container.
 7. Allow to cool on a rack, drizzle with caramel sauce to taste before serving.



MAKE QUICK PUFF PASTRY
LIFESOURCENATURALFOODS.COM



VEGETABLE BEEF BONE BROTH SOUP

Makes 4-6 Servings

- 1 1/2-2 lbs grass fed stew meat
 - 2 Tbsp olive oil, divided
 - 1 large yellow onion
 - 3 carrots, chopped
 - 3 stalks celery, chopped
 - 5 cloves garlic, minced
 - 1 (28 oz) can diced tomatoes
 - 8 cups beef bone broth
 - 2 sprigs rosemary, minced
 - 3 sprigs thyme, minced
 - 3 sprigs oregano, minced
 - 1 lb red potatoes, chopped
 - 2 cups green beans, chopped
 - 1 cup fresh or frozen corn
 - 1 cup fresh or frozen peas
 - Salt and pepper, to taste
 - 1/4 cup fresh parsley, chopped
1. Heat 1 Tbsp olive oil over medium-high heat. Cook the beef in batches, browning all sides. Remove from the pot.
 2. Add remaining oil to the pot, add onions, celery and carrots. Sauté about 3 minutes, add garlic and sauté an additional minute.
 3. Add broth, tomatoes, beef, rosemary, thyme, and oregano. Bring to a boil, reduce heat and simmer, stirring occasionally, for 30 minutes.
 4. Add potatoes, continue simmering for 20 minutes.
 5. Add green beans, continue simmering for 20 minutes.
 6. Add corn and peas, simmer for about 5 minutes, or until heated through.
 7. Add salt and pepper, if desired. Stir in fresh parsley just before serving.

BREADSTICKS

Makes 8 Servings

- ¼ cup warm water (114°F)
 - 1 pkt (2 ¼ tsp) active dry yeast
 - Pinch of sugar
 - 3 cups unbleached wheat flour
 - 1 tsp kosher salt
 - 1 cup warm water (114°F)
 - 2 Tbsp olive oil, plus more for brushing
 - ½ cup Parmesan cheese
 - 1 tsp Italian seasoning
 - 2 Tbsp melted butter (optional)
1. In a small bowl, mix together ¼ cup warm water, yeast, and sugar. Allow to proof 5-10 minutes, until foamy.
 2. In a large bowl, whisk together flour and salt. With a wooden spoon, stir in proofed yeast, remaining cup of warm water, and 2 Tbsp olive oil. A shaggy dough will form.
 3. Turn out dough onto a lightly floured surface. Knead 3-4 minutes, until the dough is smooth and elastic.
 4. Oil the mixing bowl. Place dough back in the bowl and brush with a little more oil. Cover with plastic wrap or a clean kitchen towel. Allow to rise in a warm, draft free place for 60-90 minutes or until doubled.
 5. Preheat the oven to 450°F. Line a baking sheet with a silicone mat or parchment paper.
 6. Punch down the dough to remove air bubbles. Divide into 2 portions. Roll each out into 12x12 inch squares. Cut each square into 4 strips. Fold each strip in half and twist several times. If the dough will not twist, allow it to rest for 5 minutes.
 7. Place twists on the prepared baking sheet. Brush with more olive oil, and sprinkle with Parmesan cheese and Italian seasoning. Bake for 15 minutes or until golden. Brush with melted butter, if desired.



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GLUTEN FREE
PASTA**
Your Choice
\$3.49
8 oz | Save \$2



**CARBONE
MARINARA SAUCE**
Your Choice
\$6.49
24 oz | Save \$5



**AGAINST THE GRAIN
GLUTEN FREE
PEPPERONI PIZZA**
\$9.99
24 oz | Save \$4.50

CADIA



Sustainably Farmed Ingredients at Sustainable Prices

Our Everyday Value program is designed to help you save money every time you shop with us. From frozen favorites to pantry staples, we're committed to offering you the lowest possible prices on all of your favorite natural foods without sacrificing quality.

We know that eating healthy foods can sometimes feel like a luxury—especially if you're on a budget. But with Everyday Value, you can shop with confidence, knowing that you're getting the best value for your money. We believe that healthy eating should be accessible to everyone, and we're committed to making that a reality.

At LifeSource Natural Foods, we're passionate about natural and organic food, and we're excited to help you make healthy eating a part of your everyday routine.

LOOK FOR THE SIGNS!



CADIA

ORGANIC BROTH

Chicken · Low Sodium Chicken
Veggie · Low Sodium Veggie

\$2.29

32 oz



CADIA

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Farfalle · Fusilli · Penne
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\$1.99

16 oz



CADIA

ORGANIC TOMATO PASTE

\$1.29

6 oz



CADIA

ORGANIC DICED TOMATOES

Salt · No Salt

\$1.79

14.5 oz



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SAUSAGE & WHITE BEAN SOUP

Makes 6 Servings

- 1 Tbsp olive oil
 - 12 oz pkg andouille sausage, sliced
 - 1 medium yellow onion, chopped
 - 4 garlic cloves, minced
 - 3 carrots, chopped
 - 3 ribs celery, chopped
 - 8 oz shiitake mushroom caps, chopped (Save stems for stock!)
 - 1/2 tsp red chili flakes
 - Salt and pepper, to taste
 - 2 (14 oz) cans cannellini beans, drained and rinsed
 - 32 oz chicken broth
 - 1 Tbsp tomato paste
 - 1 bunch kale, stemmed and chopped
1. Heat oil over medium heat in a 6 quart Dutch oven. Sauté sausage until browned. Remove from pan, set aside.
 2. Sauté onion until just translucent. Add garlic, cook until just fragrant. Stir in carrots, celery, mushrooms, salt, pepper, and chili flakes. Sauté until vegetables are just tender, about 5 minutes.
 3. Add beans, broth, tomato paste, sausage, and kale. Bring to a boil, reduce heat to low and simmer for about ten minutes, or until the kale is wilted and tender.
 4. Serve sprinkled with Parmesan cheese, if desired.



SMART CHICKEN
ORGANIC CHICKEN WINGS

Air Chilled!

\$4.99/lb

Save \$1.50/lb



NIMAN RANCH
DINNER SAUSAGES

Your Choice

\$7.99

12 oz | Save \$1.50



PACIFIC FOODS
ORGANIC CREAMY SOUPS

Carrot · Tomato
Butternut Squash

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32 fl oz | Save \$2.30



COBRAM ESTATES
EXTRA VIRGIN OLIVE OIL

Original · California

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375ml | Save \$4.50



ORGANIC INDIA
ORGANIC TULSI TEAS

Mix & Match

2 for \$8

18 ct | Save \$1.99/ea



BUFFALO CHICKEN WINGS

Makes 4 Servings

- 1 lb chicken wings
 - ½ Tbsp aluminum free baking powder
 - ½ tsp black pepper
 - ½ tsp garlic powder
 - ½ tsp onion powder
 - ½ tsp cayenne (optional)
 - ½ tsp red pepper flakes (optional)
 - ¼ tsp sea salt
 - 2 Tbsp butter
 - 1 Tbsp honey
 - ¼ cup hot sauce (We used sriracha)
 - 1-2 tsp cayenne (optional)
1. Preheat the oven to 450°F. Line a large rimmed baking sheet with parchment. Place a heat proof rack on the baking sheet.
 2. Cut chicken wings into drumettes and flats. Pat dry with paper towels.
 3. In a small bowl, whisk together baking powder, black pepper, garlic powder, onion powder, cayenne, red pepper flakes, and sea salt. Sprinkle over chicken, toss until evenly coated.
 4. Place chicken on a rack in a single layer. Bake for 25 minutes. Turn with tongs, and bake an additional 20-25 minutes, or until golden and crispy.
 5. While chicken is baking, warm butter, honey, hot sauce, and cayenne (if using) in a small saucepan. Stir until smooth and heated through.
 6. Toss crispy chicken with buffalo sauce until evenly coated. Return to the oven and bake for an additional 5 minutes.

LIFESOURCE KITCHEN HOURS

8 AM - 7 PM

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BREAKFAST · LUNCH

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Original · Blueberry · Gluten Free

\$2.99

9 oz | Save \$2



HAPPY EGG
**FREE RANGE
BROWN EGGS**

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1 doz | Save \$2.50



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ROAR
**ELECTROLYTE
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**SUPER HERB ELIXIRS
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12 fl oz | Save \$1.50



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4.4-5.3 oz | Save \$1

On Sale! · 10/17 - 10/29



ORGANIC VALLEY
**MOZZARELLA
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8 oz | Save \$3



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**REFRIGERATED
PROTEIN BAR**

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1.94-2.5 oz
Save \$1.29/ea

NATURE'S BAKERY
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Apple · Peach Apricot
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Blueberry · Apple Crumble

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12 oz | Save \$2.50



**CABOO
BAMBOO
PAPER TOWELS**

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2 pk | Save \$2.50



**CABOO
BAMBOO
PET WIPES**

\$6.99

70 ct | Save \$6



CROFTER'S
**ORGANIC
FRUIT SPREADS**

Cherry · Mango · Peach
Raspberry · Strawberry
Berry Harvest

\$4.49

16.5 oz | Save \$2.50

JAMMY SHORTBREAD COOKIES

Makes About 2 Dozen Cookies

- 1 cup butter, softened
 - 1 cup powdered sugar
 - 2 cups flour
 - 2 tsp vanilla
 - ¼ cup granulated cane sugar
 - ½ cup jam or preserves of your choice (We used raspberry!)
1. Preheat the oven to 350°F. Line a baking sheet with parchment paper.
 2. In a bowl, cream together butter and sugar. Mix in vanilla extract and flour.
 3. Scoop 1 tbsp dough at a time, and roll into balls. Roll balls in granulated cane sugar. Press gently with fingers or the bottom of a glass until slightly flattened. Press your thumb, or a round measuring spoon gently into the dough to create an indentation. Fill with about a teaspoon of jam.
 4. Freeze on a baking sheet for about 20 minutes. This will help control spread.
 5. Bake for 13-15 minutes, or until slightly golden. Remove from the baking sheet immediately to cool.



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NON ALCOHOLIC BEERS

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GUINIGI
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BARNARD GRIFFIN
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Zinfandel · Cabernet Sauvignon
Sauvignon Blanc · Red Blend

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SAUVIGNON**

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TE PA FAMILY VINEYARDS
**KOHA
SAUVIGNON BLANC**

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750ml | Save \$2



FARMER'S MARKET
ORGANIC PUMPKIN

\$2.49

15 oz | Save \$1.80



PUMPKIN CHEESECAKE

Makes 8 Servings

Crust

- 9 whole graham crackers, crushed to fine crumbs
- 1/3 cup butter, melted
- 3 Tbsp granulated cane sugar
- 1 tsp cinnamon
- 1/2 tsp nutmeg
- 1/2 tsp ginger
- 1/2 tsp sea salt
- 1/4 tsp cloves

Filling

- 2 (8 oz) pkg cream cheese
- 1/2 to 3/4 cup granulated cane sugar (to taste)
- 1 tsp vanilla extract
- 3 eggs, room temperature

1. Preheat the oven to 350°F. Grease a 9-inch springform pan with butter, a neutral oil, or cooking spray.
2. In a medium bowl, stir together graham crackers, butter, and sugar until fully combined. It will be the texture of wet sand. Press evenly into the bottom of the prepared pan with the bottom of a measuring cup.
3. Bake for 8 minutes in the preheated oven. Cool.
4. Whisk together spices and sugar in a small bowl.
5. In a large bowl on low speed, beat together cream cheese and sugar-spice mixture.
6. Beat in pumpkin and vanilla until smooth.
7. Add eggs one at a time, continuing to beat on low until smooth and fully blended, scraping down the sides.
8. Pour into the springform pan, bake for 50 minutes. Turn off the oven and crack the door. Allow to cool completely. Loosen sides of the cheesecake from the pan with a knife. Cover tightly and refrigerate at least 4 hours to overnight before removing the ring and serving.

BULK DEPARTMENT DEALS

EQUAL EXCHANGE

**FAIR TRADE ORGANIC
MIDNIGHT SUN COFFEE**

\$10.49/lb

Save \$2.50/lb



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WHOLE CASHEWS**

\$12.99/lb

Save \$2/lb



**LOCAL DRIED
CRANBERRIES**

\$10.49/lb

Save \$1.50/lb



Close to Home!

**ORGANIC
EVERYTHING
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**ORGANIC FAIR TRADE
BITTERSWEET
CHOCOLATE CHIPS**

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**ORGANIC
CURRY CASHEWS**

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**YUM EARTH
ASSORTED
LOLLIPOPS**

\$16.99/lb

Save \$3/lb



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ORGANIC INDIA was established as a holistic, sustainable business modality to inspire, promote, and support well-being and respect for all beings and Mother Nature. For over 20 years, those founding principles still stand as the company partners with thousands of family-owned farms to provide genuine, organic products for healthy, conscious living.

ORGANIC INDIA prides itself in supporting and honoring farmer partners by providing

- Farmer Well Being and a Life of Dignity
- Fair trade practices & Equitable wages
- Market premium paid for 100% of crop yield

- Farmers maintain ownership of their land and receive organic agricultural training

- Health care for farmers and families

At the foundation of ORGANIC INDIA's products, company, and sourcing is regenerative agriculture that not only sustains, but replenishes the earth. Every herb, plant, and fruit in ORGANIC INDIA products is grown or harvested using organic, bio-regenerative methods and sustainable wild-crafting practices.

- Zero Synthetic Inputs
- Rotational Grazing, Crop Rotation, Cover Crops & Carbon Sequestration
- Building soil's fertility, nutrients, and ability to retain water
- Operating as a self-sufficient ecosystem

This all culminates in the creation of Organic, Non-GMO herbal teas and supplements that support the health of the population, vibrancy of the planet, and livelihood of communities in India.



ASHWAGANDHA
400 mg

Healthy Stress Support

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90 vcap | Save \$9



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**KIDS MULTI
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BRAND SUPPLEMENTS

WE VALUE YOUR TRUST

We take a close look at every product we carry and especially at the companies we choose to partner with for our 'house brand'. After extensive vetting of these products, we are confident to proudly feature our own name on the labels. They are superior in quality, tested for purity and potency and most come in sustainable and fully recyclable glass bottles.

AFFORDABLE

All LifeSource branded supplements will be available at Every Day Low Prices each and every day.

KNOWLEDGEABLE SUPPORT

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20 mg CBD per Serving

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30 vcaps | Save \$9



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OR GABA EASE

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RENEW LIFE
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T14 Day Supply

\$25.99

1 kit | Save \$8

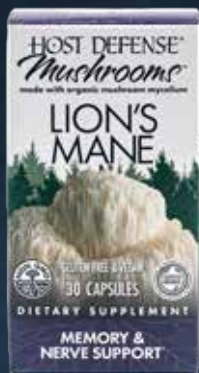


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POSTBIOTICS

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Kimchi · Ginger Turmeric

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60 caps | Save \$6



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Wellness · On Sale 10/17 - 10/29

NATURAL FACTORS

NATURAL FACTORS is a family-owned, fully integrated company, controlling every aspect of the product line to ensure that each and every product is safe and effective. For more than 55 years, Natural Factors has been an industry leader in organic farming, sourcing and development of raw materials, research and development, and quality assurance.

Each product is third-party certified by ISURA. ISURA is an independent, not-for-profit natural health supplement and food product verification and certification organization. ISURA tests supplements for over 700 contaminants, including pesticides, heavy metals, solvents, plus genetic testing to prove there are no GMOs, and more.

"We stand behind every product we produce. Each one of us at Natural Factors feels responsible for the supplements and herbal remedies we sell. We don't make placebos. We produce products that work to support wellness and create better health."

—Roland Gahler, Executive Chairman and Owner



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Documentation ✓ Lab Tested ✓



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45 tab | Save \$3



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Antioxidant

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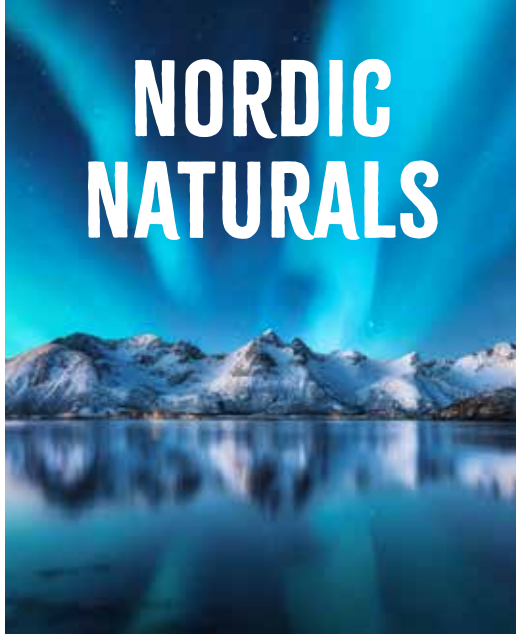
QUERCETIN

LIPOMICEL MATRIX

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ONE DAILY MULTI

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60 tab | Save \$16



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60 tab | Save \$16

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ALAFFIA

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Coconut · Passionfruit
Unscented · Vanilla Mint

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90 tabs | Save \$10



KAI MAGNESIUM GLYCINATE

350 mg per Serving

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160 vcap | Save \$6



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Black Spruce
Lemongrass & Sage
Rosemary & Mint
Simply Unscented

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2.5 oz | Save \$2.20



DEODORANT Plastic Free Packaging

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2.45-2.5 oz | Save \$3.70



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4 fl oz | Save \$2.70



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Precious Botanicals in a
base of organic jojoba oil

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.3 fl oz | Save \$4





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Your Choice!

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Balancing · Clarifying
Smoothing · Ultra
Hydrating · Volumizing

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nano size calcium used to
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4 oz | Save \$4.70



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Source: SPINScan Natural/52 Wks Ending 6/18/2023

HOST DEFENSE[®] Mushrooms[™]



AVAILABLE AT LIFESOURCE

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Certified



Corporation



TikTok (@fungiperfecti)

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YouTube (HostDefenseMushrooms)

[hostdefense.com](https://www.hostdefense.com)

Fungi Perfecti, makers of Host Defense[®] Mushrooms[™], is dedicated to **HELPING BEES, TREES, PEOPLE & PLANET.** We're proudly **110% CLIMATE POSITIVE**, offsetting emissions from scopes 1, 2, and 3!

* THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD & DRUG ADMINISTRATION. THESE PRODUCTS ARE NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT ANY DISEASE.

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