

LifeSource
natural foods

**EAT WELL
BE HAPPY**

ORGANIC
CARA CARA
ORANGES

\$1.69/LB



ORGANIC GREEN
ZUCCHINI

\$2.99/LB



ORGANIC
BOSC PEARS

\$2.29/LB



ORGANIC
BRUSSELS SPROUTS

\$3.99/LB



ORGANIC
KENT MANGOES

2 FOR \$5



**Self Care
Saturday**

February 8 • 11-3

Free Samples
Wine, Chocolate,
Coffee, Skin Care,
and More!

**Flash Sales
Giveaways**



Organic Produce • On Sale 1/29 - 2/4

MUSHROOM RISOTTO

Makes 4 Servings

- ¼ cup butter
- 1 small onion, finely chopped
- ¾ lb trumpet mushrooms, ¼-inch dice
- 3 cloves garlic, grated
- 3 tsp fresh thyme leaves, chopped
- 3 Tbsp fresh sage leaves, chiffonade
- ½ cup dry white wine
- 1 cup Arborio rice
- 4 cups hot low sodium chicken or vegetable broth
- Salt and pepper, to taste

1. Melt butter in a large heavy bottomed pan over medium heat. Add sage to the melted butter and fry, stirring often, until butter is foamy, about 2-3 minutes. Remove sage leaves with a fork to drain on a paper or clean kitchen towel. The sage will crisp as it cools.
2. Add onions to the butter with a pinch of salt. Cook, stirring frequently until golden, about 15 minutes. Turn down the heat if the onions begin to brown too quickly.
3. Return to medium heat, and add mushrooms, garlic, and 2 tsp of the fresh thyme. Cook and stir until mushrooms are tender, about 8 minutes.
4. Add wine, cooking and stirring until reduced by half, about 3 minutes.
5. Add rice and 1 cup of the hot broth, cooking and stirring constantly until the broth is absorbed, about 5 minutes. Continue stirring and adding broth ½ cup at a time, when the previous addition is absorbed. With the last addition of broth, add the remainder of the thyme. Cook and stir until rice is creamy and tender. Top with fried sage and serve.



**ORGANIC
GOLD NUGGET
MANDARINS**

\$2.69/LB



ORGANIC CABBAGE

Red · Green

\$1.29/LB



**ORGANIC BABY
BROCCOLINI**

\$1.79/EA



**ORGANIC
RED GRAPES**

\$5.99/LB



Organic Produce · On Sale 1/29 - 2/4

**ORGANIC
SUGAR SNAP PEAS**

\$6.49/LB



**ORGANIC
BELL PEPPERS**

Red · Orange · Yellow

\$3.99/LB



**ORGANIC
BLUE OYSTER
MUSHROOMS**

\$8.99/LB



LIFESOURCE KITCHEN HOURS

8 AM - 7 PM

GRAB AND GO ANYTIME

BREAKFAST · LUNCH

SERVED UP FRESH EVERY DAY!



LifeSourceNaturalFoods.com

BEER & WINE DEALS



Barnard Griffin
**ROSÉ OF
SANGIOVESE**

\$10.99

750ml | **Save \$2**



Kristof
Wine & Cider
**ROSÉ OF
PINOT NOIR**

\$24.99

750ml | **Save \$5**



Sweet Cheeks
Winery
ROSY CHEEKS

Semi-Sweet

\$15.99

750ml | **Save \$3**



Lindemans
LAMBIC BEERS

Framboise · Pêche

\$10.99

750ml | **Save \$2**



Compton
Family Wines
**ROSÉ OF
PINOT NOIR**

\$15.99

750ml | **Save \$3**



Pelican Brewing
SPARKLE HOPS

Original · Lemon · Açai

\$6.49

6 pk | **Save \$1.50**



Illahe
Vineyards
PINOT NOIR

\$24.99

750ml | **Save \$5**



Sierra Nevada
**NARWHAL
IMPERIAL STOUT**

Barrel Aged

\$23.99

4 pk | **Save \$4**



Smart Chicken
**BONELESS SKINLESS
CHICKEN BREAST**

\$8.99/LB

Save \$1.50/lb



CHICKEN SOUVLAKI

Makes 4 Skewers

- 1 lb boneless chicken breast or thighs, cut into 1-inch wide strips
 - 2 Tbsp olive oil
 - 2 Tbsp Greek yogurt
 - 1 lemon, juiced and zested
 - 3 cloves garlic, smashed and minced
 - 2 tsp Mediterranean seasoning
 - ½ tsp kosher salt
 - ½ tsp black pepper
 - ¼ tsp smoked paprika
 - 4 bamboo skewers, soaked overnight
- Tzatziki**
- 1 cup Greek yogurt
 - ½ English cucumber, finely shredded, excess water squeezed out
 - 3 garlic cloves, smashed and minced
 - 2 Tbsp olive oil
 - 1 Tbsp red wine vinegar (or apple cider vinegar)
 - 1 Tbsp fresh dill, minced (or 1 tsp dried dill)
 - Kosher salt and black pepper, to taste
1. Place chicken and all other ingredients in a bowl. Mix together thoroughly, so chicken is well coated. Cover and allow to marinate for at least 1 hour.
 2. Divide chicken between 4 skewers. Grill or broil on high for 5 minutes on each side, or until cooked through. Serve with tzatziki.
 3. Mix all tzatziki ingredients in a medium bowl. Cover and refrigerate at least 30 minutes to allow flavors to mingle before serving.



**Carbone
MARINARA
SAUCE**

Mushroom · Delicato
Roasted Garlic

\$6.99

24 oz | Save \$4.50



**Amy's
VEGETARIAN
SOUPS**

Many to
Choose From!

\$3.49

12.4-14.5 oz | Save \$2



**California
Olive Ranch
EXTRA VIRGIN
OLIVE OIL**

Global Blend

\$16.99

750ml | Save \$11



**Bachan's
JAPANESE
BBQ SAUCE**

Your Choice

\$5.99

17 oz | Save \$4.50



**Organic Valley
SHREDDED
CHEESE**

Italian · Mexican
Mozzarella

\$3.79

6 oz | Save \$2.70

Over 1000 items on SALE! · 1/29 - 2/11

Milton's
**ORGANIC
CRACKERS**

Multi-Grain
Olive Oil & Sea Salt

\$2.99

6 oz | Save \$2



MIX & MATCH



Snow Days
**GRAIN FREE
PIZZA BITES**
Cheese · Sausage

\$4.99

14.1 oz | Save \$3



Crunchmaster
**GLUTEN FREE
CRACKERS**

2 FOR \$6

4-4.5 oz | Save \$1.49/ea



Siete
**GRAIN FREE
POTATO CHIPS**

Sea Salt Vinegar
Chipotle BBQ · Queso
Fuego · Chili Lime

2 FOR \$6

5.5 oz | Save \$1.99/ea

MIX & MATCH



The Good Crisp
Company
POTATO CRISPS

Your Choice!

2 FOR \$6

5.6 oz | Save \$1.49/ea

MIX & MATCH



Country Archer
**GRASS FED MINI
BEEF STICKS**

\$9.99

8 oz | Save \$7

Chicas
TORTILLA CHIPS

Original · Lime · Blue

\$3.49

7.5 oz | Save \$1.50



Niman Ranch
DINNER SAUSAGES

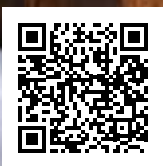
Bratwurst · Spicy Italian
Andouille · Apple Gouda
Sweet Italian

\$7.99

12 oz | **Save \$1.50**



MAKE BANGERS & MASH



Alexia
FROZEN FRIES

Crinkle · Yukon
Sweet Potato
Garlic & Pepper

\$4.49

15-19 oz | **Save \$2-2.50**



Poppi
**PREBIOTIC
SODA**

Your Choice

\$1.79

12 fl oz | **Save \$1.20**



C2O
**ORGANIC
COCONUT WATER**

\$3.49

33.8 fl oz | **Save \$3**



Boxed Water
**CARBON
FILTERED WATER**

3 FOR \$5

33.8 fl oz | **Save 83¢/ea**



Caboo
**BAMBOO BATH
TISSUE**

Tree Free

\$3.99

4 pk | **Save \$2**



Earth Friendly
**ECOS LAUNDRY
LIQUID**

Free & Clear · Lemongrass
Lavender · Magnolia

\$10.99

100 fl oz | **Save \$6**

Over 1000 items on SALE! · 1/29 - 2/11



RASPBERRY ROSE CHEESECAKE

Makes 8 Servings

Crust

- 1 box Simple Mills Honey Cinnamon Sweet Thins, crushed to fine crumbs (about a cup of crumbs)
- ½ cup butter, melted
- 3 Tbsp cane sugar

Cheesecake

- 2 (8 oz) pkg cream cheese
- ½ cup granulated cane sugar
- ½ cup Greek yogurt

- 1 cup raspberries, thawed if frozen (juices reserved)
- 2 tsp rose water
- 1 Tbsp lemon juice
- 1 tsp vanilla extract
- 2 eggs, room temperature

Glaze

- ¼ cup sugar
- 1 Tbsp lemon juice
- 1 tsp rose water
- 2 cups raspberries
- 1 cup strawberries, sliced

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 crumbs, 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 8-10 minutes in the preheated oven. Cool.
4. Blend thawed raspberries and rose water in a blender until smooth. Set aside.
5. In a large bowl on low speed, beat together cream cheese and sugar.
6. Beat in Greek yogurt, raspberry mixture, lemon juice, 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 over the crust, and bake for 50-55 minutes. Or until edges are set and puffy and center jiggles a little when shaken. Turn off the oven and crack the door. Allow to cool for an hour in the oven, and then cool completely on a rack. Cover tightly and refrigerate at least 4 hours to overnight before serving.
9. Add 1 cup of the raspberries to a small saucepan with the sugar, lemon juice, and rose water. Cook over medium heat for 10 minutes, mashing with the back of a spoon. Remove from heat and toss with remaining fresh berries. Serve over the cheesecake.



Nancy's
**ORGANIC
CREAM CHEESE**

\$3.49

8 oz | Save \$1.50



Daiya
**PLANT BASED
CHEESECAKE**

New York
Key Lime

\$5.49

14.1 oz | Save \$3.50



Chocxo
**ORGANIC
CHOCOLATE CUPS**

Cookies & Cream
Coconut Cups
Peanut Butter Cups

\$4.99

3.45 oz | Save \$2



HU
**ORGANIC
CHOCOLATE BARS**

Your Choice

\$2.99

2.1 oz | Save \$3



Petit Pot
**ORGANIC
FRENCH DESSERT**

Vanilla · Pistachio
Dark Chocolate

\$4.49

2 pk | Save \$2



Steaz
**ORGANIC
BREWED TEA**

Your Choice

2 FOR \$3

16 oz | Save 99¢/ea

SELF CARE · BULK DEPARTMENT DEALS

Equal Exchange

**ORGANIC FAIR TRADE
LOVE BUZZ COFFEE**

\$11.99/LB

Save \$2/lb



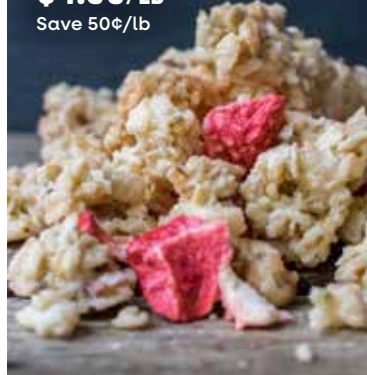
Golden Temple

GRANOLA

Strawberry Vanilla
Blueberry Flax

\$4.99/LB

Save 50¢/lb



Queen Bee

ENGLISH TOFFEE

Milk · Dark

\$4.49/EA

Save 50¢/ea



Equal Exchange
**FAIR TRADE DARK
CHOCOLATE MINIS**

\$39.99/LB

Save \$5/lb

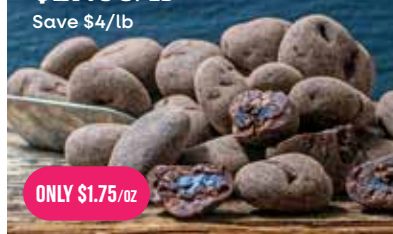


ONLY \$2.49/oz

Hummingbird
**ORGANIC
CHOCOLATE
CHERRIES**

\$27.99/LB

Save \$4/lb



ONLY \$1.75/oz

**ORGANIC AFRICAN
MANGO STRIPS**

\$11.99/LB

Save \$2/lb



**BRING YOUR
CONTAINER!**

Hummingbird
**LOCAL BEE
POLLEN**

\$44.99/LB

Save \$5/lb



ONLY \$2.81/oz

Mountain Rose
LOVE TEA

\$59.99/LB

Save \$6/lb



ONLY \$3.75/oz

**ORGANIC
BLUE BUTTERFLY
PEA FLOWERS**

\$89.99/LB

Save \$10/lb

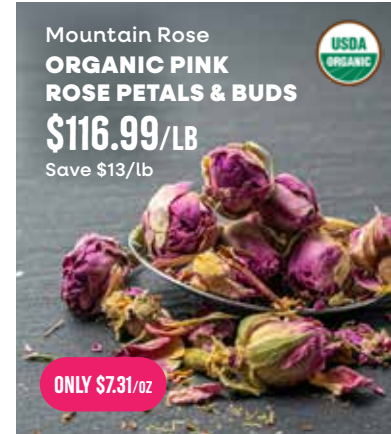


ONLY \$5.62/oz

Mountain Rose
**ORGANIC PINK
ROSE PETALS & BUDS**

\$116.99/LB

Save \$13/lb



ONLY \$7.31/oz

Oregon Soap Co.
**CUT YOUR OWN
BULK SOAPS**

\$16.99/LB

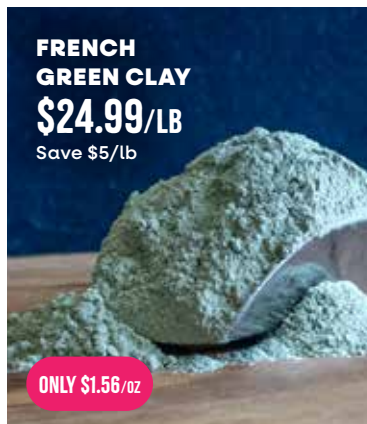
Save \$5/lb



**FRENCH
GREEN CLAY**

\$24.99/LB

Save \$5/lb



ONLY \$1.56/oz

Dr. Bronner's
**LIQUID ROSE
CASTILE SOAP**

\$7.99/LB

Save \$1/lb

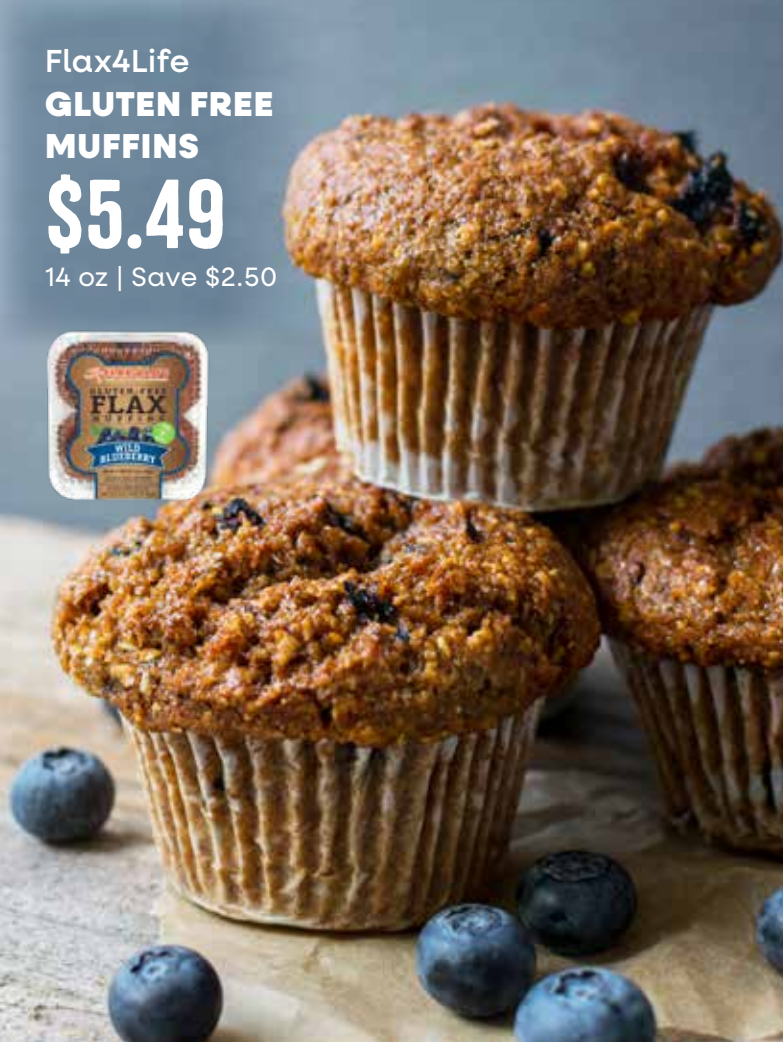


Over 1000 items on SALE! · 1/29 - 2/11

Flax4Life
**GLUTEN FREE
MUFFINS**

\$5.49

14 oz | Save \$2.50



Nancy's
**ORGANIC
COTTAGE CHEESE**

Whole · Low Fat

\$3.99

16 oz | Save \$2.50



MIX & MATCH

Bobo's
OAT BARS

Your Choice!

2 FOR \$4

2.2-3 oz | Save 99¢/ea



Crofter's
**PREMIUM
FRUIT SPREADS**

Your Choice

\$4.99

16.5 oz | Save \$2



Purely Elizabeth
GRANOLA

Your Choice

\$5.99

8-12 oz | Save \$2.50



Kite Hill
**PLANT BASED
YOGURT**

Plain Almond Milk
Unsweetened Vanilla

\$4.49

16 oz | Save \$2.50



Perfect Bar
**REFRIGERATED
PROTEIN BARS**

Your Choice

\$2.29

1.94-2.2 oz | Save \$1.50

Over 1000 items on SALE! · 1/29 - 2/11

NORDIC NATURALS



BETTER NUTRIENTS FOR YOUR HEART

NORDIC NATURALS ULTIMATE OMEGA is ideal for cardiovascular care. It's the top-selling omega-3 in the U.S. that's clinically shown to support a healthy heart, providing research-backed amounts of EPA and DHA, the most beneficial omega-3 fatty acids.* **Ultimate Omega's** daily serving aligns with an American Heart Association recommendation of 1000 mg omega-3s daily for adults with documented cardiovascular concerns, and 2000–4000 mg daily for people with elevated triglycerides.¹ It's no wonder that doctors routinely recommend this award winning fish oil.

Nordic Naturals Ultimate Omega® line is made exclusively from wild-caught sardines and anchovies, sustainable species that are low in the toxins that can bioaccumulate in larger fish, yet high in the long-chain marine omega-3s that benefit the heart.* Ultimate Omega is also formulated in the triglyceride molecular form for better absorption of these essential fats, and a more reliable daily intake than diet alone. It's an exceptionally fresh and pure source of heart-healthy omega-3s.*

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

1. Kris-Etherton, Penny M. et al. Circulation. 2002;106:21, 2747-2757 (Table 5).



Nordic Naturals
**ULTIMATE
OMEGA**

2x Mini

\$26.99

60 sg | **Save \$7**

LifeSourceNaturalFoods.com

BOIRON

WINTER WELLNESS SUPPORT



COLD CALM

Cold Support

\$9.99

60 ct | **Save \$3**



SINUS CALM

Non-Drowsy Support

\$9.99

60 ct | **Save \$3**



THROAT CALM

Sore Throat Support

\$9.99

60 tab | **Save \$3**



Solaray BERBERINE

With Oregon Grape

\$19.99

60 vcap | **Save \$5**



Solaray MYCROBIOME PROBIOTIC

Weight Formula
50 Billion

\$34.99

30 vcap | **Save \$10**



Life Extension N-ACETYL- L-CYSTEINE

NAC 600 mg

\$11.99

60 vcap | **Save \$2.50**



Solgar GENTLE IRON

Gentle on Your
Stomach

\$8.49

90 cap | **Save \$2.50**



Solgar CALCIUM CITRATE WITH VITAMIN D3

Healthy Bone Support

\$17.99

240 tab | **Save \$6**

OREGON'S WILD HARVEST



ECHINACEA ZINC & VITAMIN C

Immune Support

\$19.99

90 cap | **Save \$6**



ASHWAGANDHA

Stress Support

\$19.99

90 cap | **Save \$6**



SAW PALMETTO PYGEUM

Be Kind to Your Prostate

\$20.99

90 cap | **Save \$9**

HOST DEFENSE

Founded by renowned mycologist Paul Stamets in 1980 with the goal of building a bridge between people and fungi, we have become synonymous with cutting-edge mycological research and innovative mycological solutions.



STAMETS 7 EXTRACT

Daily Immune Support

\$16.99

1 oz | **Save \$3**



BRAIN POWER STACK

Lion's Mane Mushroom

\$25.99

3.5 oz | **Save \$6**



TURKEY TAIL

Microbiome & Immune Support

\$27.99

60 caps | **Save \$5**



MYCOMMUNITY

Immune Support

\$16.99

30 cap | **Save \$3**

NOW



MK-7 VITAMIN K

100 mcg

\$14.99

90 vcap | **Save \$10**



LUTEIN

10 mg

\$10.49

90 sg | **Save \$6.50**



D-MANNOSE

500 mg

\$17.99

120 vcap | **Save \$5**

Wellness • On Sale 1/29 - 2/11



Carlson Labs
**NORWEGIAN
COD LIVER OIL**

Original · Lemon

\$25.99

8.45 fl oz | Save \$4



Wiley's Finest
BOLD VISION
Eye Health Support

\$37.99

60 sg | Save \$9



Traditional
Medicinals
SMOOTH MOVE

Herbal Laxative

\$8.99

50 cap | Save \$6.50



Traditional
Medicinals
**THROAT COAT
LOZENGES**

Sweet Orange Fennel

\$3.79

16 ct | Save \$3.20



GoodLight
Natural Candles
**SCENTED
TEA LIGHTS**

Your Choice!

\$4.49

6 pk | Save \$1



Vibrant Health
**GREEN VIBRANCE
POWDER**

Plant-Based Superfood

\$79.99

24.34 oz | Save \$15



Inesscents
CASTOR OIL

Body Oil

\$7.49

4 fl oz | Save \$2.50

Wellness · On Sale 1/29 - 2/11



Alaffia
**SHAMPOO OR
 CONDITIONER**
 Unscented Shea
 Lavender · Coconut
 Vanilla Mint

\$10.49

32 fl oz | Save \$6.50



Acure
**FACIAL
 CLEANSER**

Soothing
 Rejuvenating
 Brightening

\$7.99

4 oz | Save \$3.50



evanhealy
HYDROSOUL

Your Choice

\$24.99

4 fl oz | Save \$7



Tom's of Maine
TOOTHPASTE

Sensitive · Fennel
 Cinnamon · Peppermint
 Clean Mint

\$6.49

4-4.75 oz | Save \$3-5

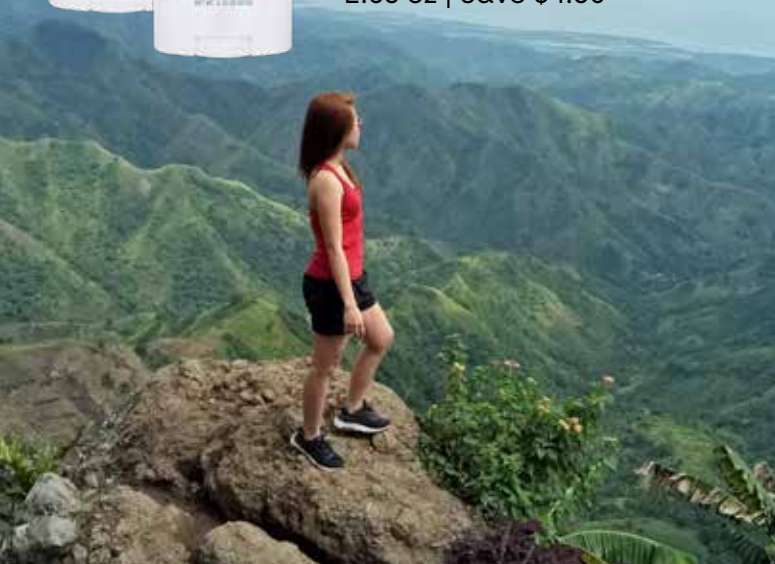


Schmidt's
DEODORANT

Bergamot Lime
 Charcoal · Rose Vanilla
 Lavender Sage

\$9.49

2.65 oz | Save \$4.50



Tom's of Maine
MOUTHWASH

Cool Mountain Mint
 Sea Salt

\$5.99

16 fl oz | Save \$3.50



Wild Carrot
**SUN SALUTATION
 SERUM**

\$15.99

.5 oz | Save \$6.50

Over 1000 items on SALE! · 1/29 - 2/11

TRUE OWNERSHIP SETS NATURAL FACTORS APART



With over 1,000 acres of certified organic farmland in the Okanagan Valley of British Columbia, Natural Factors grows an astonishing variety of crops for production and research.



Natural Factors
**RegenerLife
SLEEP BETTER**

\$22.99

60 tabs | **Save \$7**



**TOTAL BODY
COLLAGEN**

Unflavored · Orange
Pomegranate

\$34.99

1.06 lb | **Save \$12**

As a family-owned company, Natural Factors has direct ownership of all product manufacturing stages and, unlike most brands, uniquely controls every step from ingredient sourcing to final supplement. Our products are third-party certified and tested for over 800 contaminants by ISURA. We've demonstrated our unwavering commitment to quality for over 60 years...making us a brand you can really trust.

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