

LifeSource
natural foods
**EAT WELL
BE HAPPY**

ORGANIC
BARTLETT PEARS

\$1.69/LB



**NEW
CROP!**



ORGANIC
LEMONS
99¢/EA



ORGANIC
GRAPEFRUIT
\$1.99/LB



LOCAL ORGANIC
ZUCCHINI

\$2.29/LB



Close to
Home!



ORGANIC
STARKRIMSON
PEARS
\$2.99/LB



**NEW
CROP!**



**Cold Beer
is Here!**

Beer Cooler Grand Opening Sale

Saturday,
August 23

FREE TASTINGS 12-4 PM

15% OFF

BEER, CIDER,
HARD KOMBUCHA
& HARD SELTZER*

*Sale applies to regularly
priced items only.

Try it Cold!



Organic Produce • On Sale 8/20 - 8/26



GRILLED PINEAPPLE KOMBUCHA MOJITO

Serves 4

- 1 fresh pineapple
- 16 large mint leaves, or to taste
- 2 limes (2 oz lime juice), fresh squeezed
- 4 tsp turbinado sugar
- Crushed ice
- 24 oz pineapple kombucha
- 6 oz white rum (optional)
- Sprig of mint for garnish.

1. Remove skin and core of the pineapple. Slice into 3/4-inch spears. Grill over medium heat (or broil on high) until caramelized, about 1-2 minutes per side. Cut into cubes.
2. Divide mint leaves, lime juice, and sugar between 4 (12 oz) glasses. Add a few cubes of grilled pineapple to each. Gently muddle mint leaves and pineapple in the sugar and lime juice in the bottom of each glass. You don't want to shred the mint, just gently bruise it to release the oils.
3. Add crushed ice, and pour in 6 oz of kombucha and 1 1/2 oz rum (if using) to each glass. Give it a quick stir and garnish with mint.



ORGANIC
EGGPLANT
\$3.49/LB



ORGANIC
PINEAPPLES
\$5.49/EA



LOCAL ORGANIC
TOMATILLOS
\$3.99/LB

Organic Produce • On Sale 8/20 - 8/26

SUBLIME ORGANICS



Most farms these days are pretty specialized: they raise livestock, or they grow vegetables, or they grow grass for hay or seed. Not Sublime Organics! This 67-acre organic farm in Sublimity, just 15 miles from LifeSource, does a bit of everything. Greg and Ellen Wilt, who started the farm in 2014, grow vegetables, basil, and award-winning garlic, and they raise goats and sheep and the hay to feed them. The diversity of Sublime Organics doesn't stop at what the Wilts raise for market: they also steward wetlands and native prairie habitat on the property. At least 49 species of birds are found at Sublime Organics, and it is home to Bradshaw's desert parsley (*Lomatium bradshawii*), a rare plant growing only in Oregon and Washington and thought to be extinct until 1979; in Marion County it is known to grow in only two locations, one of which is Sublime Organics.

LifeSource is proud to carry an assortment of the bounty the Wilts grow at Sublime Organics! Find their vegetables in season in our produce department, and their meats in our meat freezer!

Sublime Organics
**LOCAL ORGANIC
SUMMER SQUASH**
\$2.29/LB



Close to
Home!



LIFESOURCE KITCHEN HOURS

8 AM - 8 PM

GRAB AND GO ANYTIME

SCRATCH MADE AND
**SERVED UP
FRESH
EVERY DAY!**



LifeSourceNaturalFoods.com



SAUSAGE ROLLS

- 1 lb spicy Italian ground sausage
- 1 small onion, minced
- 1 stalk celery, minced
- 1 carrot, peeled and grated, water squeezed out
- 3 cloves garlic, minced
- ¼ cup Parmesan cheese, grated
- ¼ cup panko bread crumbs
- ½ tsp smoked paprika
- ½ tsp black pepper
- ½ tsp onion powder
- ½ tsp garlic powder
- Salt, to taste
- 1 large egg
- 2 tsp water or milk
- 1 recipe quick puff pastry, or sheets pre-made puff pastry
- Flour for rolling out

1. Place sausage, onion, carrot, celery, garlic, Parmesan cheese, panko, paprika, pepper, onion powder, garlic powder, and salt in a medium bowl.
2. In a small bowl, beat the egg. Add about ⅔ of the egg to the meat mixture, and water or milk to the remaining egg for an egg wash.
3. Mix sausage, vegetables, and spices until well combined. Divide in half.
4. Preheat the oven to 425°F. Line a baking sheet with parchment paper or a silicone mat.
5. Divide puff pastry dough into 2 portions. Roll each portion into a 4x12 inch rectangle.
6. Form ½ of the sausage into a 12-inch log down the center of the pastry. Fold pastry over the sausage and pinch to form a seam. Place pastry on the prepared baking sheet seam side down, and slice with a sharp knife to desired portion size. Cut slits in the dough and brush with egg wash. Repeat this step with the remaining dough and sausage.
7. Bake at 425°F for 5 minutes, then reduce heat to 350°F and bake for another 35-40, or until rolls are golden and sausage is cooked through. Serve hot and enjoy!



Find our Easy Puff Pastry recipe and many more original, kitchen-tested recipes at LifeSourceNaturalFoods.com



Stahlbush
FROZEN
VEGETABLES
Broccoli • Green Beans
Mixed Vegetables

\$2.49

10 oz | **Save \$1.30**



Miracle Noodle
ORGANIC
READY-TO-EAT
NOODLES

Spaghetti • Fettuccine
Angel Hair • Rice

\$2.79

7 oz | **Save \$2.20**



Miracle Noodle
READY MEALS

Pho • Tom Yum
Pad Thai • Japanese Curry

\$3.49

9.9 oz | **Save \$3**



Mulay's
GROUND SAUSAGE
Meatballs • Breakfast
Chorizo • Italian

\$8.49

15 oz | **Save \$2**



Smart Chicken
ORGANIC
CHICKEN THIGHS

Bone-In

\$5.79/LB

Save \$1/lb



Tofurky
DELI SLICES
 Oven Roasted • Peppercorn
 Hickory Smoked
\$3.29
 5.5 oz | **Save \$1.70**



Green Valley
LACTOSE FREE
SHREDDED CHEESE
 Cheddar • Mozzarella
 Mexican Blend
\$3.49
 6 oz | **Save \$2.50-\$3**



Organic Valley
RAW CHEESE
 Sharp Cheddar • Jack
 Mild Cheddar
\$4.49
 8 oz | **Save \$3**



Against the Grain
PIZZA
 3 Cheese • Pepperoni
\$9.99
 24 oz | **Save \$4.50**



Near East
RICE PILAF
 Original • Spanish
 Garlic & Herb
\$1.99
 6-6.75 oz | **Save \$1.80**



**LOOK FOR
THE SIGNS!**

Cadia
VEGGIE STRAWS
 Jalapeño • Sea Salt
\$2.49
 5 oz



Cadia
CANNED BEANS
 Your Choice
\$1.29
 15 oz

Our Everyday Value program is designed to help you save money every time you shop with us. From pantry staples and frozen favorites to natural household essentials like laundry detergent and cleaning products, we're committed to offering you the lowest possible prices without sacrificing quality.

We know that choosing natural products—whether for your family's meals or your home—can sometimes feel like a luxury, especially if you're on a budget. But with Everyday Value, you can shop with confidence, knowing you're getting the best value for your money.

At LifeSource Natural Foods, we're passionate about natural and organic products, and we're excited to help you create a healthier home and kitchen as part of your everyday routine.



Once Upon a Farm
SMOOTHIE
POUCHES
 Your Choice
\$2.29
 3.2-4 oz | **Save \$1**

Over 1000 items on SALE! • 8/20 - 8/26

BEER & WINE DEALS



Everybody's Brewing **BEER**

Mountain Mama Pale Ale
Country Boy IPA
The Cryo Chronic IPA
Co-Pilot Pilsner

\$10.99

6/12 fl oz | **Save \$2**



Maui Brewing **HARD SELTZER**

Mix Pack

\$19.99

12/12 fl oz | **Save \$5**



Outlaw **LIGHT BEER**

\$9.99

12/12 fl oz | **Save \$2**



Close to Home!

Boneyard Beer **RPM IPA**

\$22.99

12/12 fl oz | **Save \$4**



Close to Home!

Ponzi Vineyards **TAVOLA PINOT NOIR**

\$24.99

750 ml | **Save \$4**

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Close to Home!

Dhös **NON-ALCOHOLIC SPIRITS**

Orange • Gin Free
Vodka Free

\$18.99

750 ml | **Save \$3**



Close to Home!

Coelho Winery **OREGON WINES**

Pinot Gris • Pinot Noir Rosé
Pinot Noir • Chardonnay

\$17.99

750 ml | **Save \$2**



**Silver Hills
SPROUTED
ORGANIC BAGELS**

Plain • Everything
Cinnamon Raisin
Sesame Sunflower

\$3.99

14 oz | **Save \$3**



**Siete
POTATO CHIPS**

Your Choice

\$2.99

5.5 oz | **Save \$2**



**Santa Cruz
PEANUT BUTTER**

Creamy • Crunchy
No Stir Creamy
No Stir Crunchy

\$5.99

16 oz | **Save \$3**



**Siete
MAÍZ
CORN TORTILLA CHIPS**

Sea Salt • Lime
Blue Corn

\$3.99

7.5 oz | **Save \$3**



**Santa Cruz
APPLE SAUCE CUPS**

Original • Cinnamon

\$3.79

24 oz | **Save \$2.20**



**Zack's Mighty
ORGANIC
TORTILLA CHIPS**

Lime • Sea Salt • Nacho

\$3.49

7.5 oz | **Save \$3**



**Barbara's Bakery
CHEESE PUFFS**

Original • Jalapeño
Original Bakes
White Cheddar Bakes

\$2.79

5.5-7 oz | **Save \$1.70**



**C2O
COCONUT WATER**

Original • Mango • Pulp
Turmeric Ginger • Pineapple

2 FOR \$4

17.5 fl oz | **Save 99¢/ea**



**Epic
PORK RINDS**

Sea Salt • Texas BBQ
Salt & Pepper
Maple Bacon

2 FOR \$5

2.5 oz | **Save \$2.49/ea**



**Odyssey Elixir
SPARKLING ELIXIRS**

Your Choice

2 FOR \$4

12 fl oz | **Save \$1.99/ea**

Over 1000 items on SALE! • 8/20 - 8/26

I AND LOVE AND YOU

DOG FOOD STEW

Cluckin' Good
Beef Booyah
Moo Moo Venison
Gobble It Up
Lambarama

\$2.79

13 oz | **Save \$1.70/ea**



Alec's ORGANIC ICE CREAM

Matcha Chocolate Chip
Tahitian Vanilla

\$5.49

14 fl oz | **Save \$4.50**



Mi-Del GINGER SNAPS

Original • Gluten Free

\$3.99

8-10 oz | **Save \$2**



Siete COOKIES

Vanilla Chocolate Chip
Fresas con Crema
Mexican Shortbread
Mexican Wedding

\$2.99

4.5 oz | **Save \$2**



7th Generation DISH SOAP

Lemongrass
Lavender • Free & Clear

\$3.49

19 fl oz | **Save \$2**



7th Generation LAUNDRY DETERGENT

Citrus • Lavender
Free & Clear

\$12.99

90 fl oz | **Save \$4**



Bob's Red Mill OAT BARS

Your Choice

99¢

1.76 oz | **Save \$1**



GoMacro MACROBARS

Your Choice

2 FOR \$5

2-2.4 oz | **Save 99¢/ea**



Painterland Sisters

SKYR YOGURT

Strawberry • Vanilla
Plain • Berry • Peach
Blueberry Lemon

\$2.49

5.3 oz | **Save \$1**



Bob's Red Mill HOMESTYLE GRANOLA

Your Choice

\$3.99

11 oz | **Save \$3**



Coombs MAPLE SYRUP

Grade A Dark

\$24.99

32 fl oz | **Save \$10**



Nutpods NON DAIRY CREAMER

Original • Hazelnut
French Vanilla

\$2.49

11.2 fl oz | **Save \$1.30**



Siggi's NON DAIRY YOGURT

Vanilla Cinnamon
Mixed Berry
Raspberry

\$1.79

5.3 oz | **Save \$1.20**

LAIRD SUPERFOOD



MUSHROOM COFFEE

Medium • Dark

\$10.99

12 oz | **Save \$6**



ADAPTOGEN HOT CHOCOLATE

\$7.49

8 oz | **Save \$5.50**



SUPERFOOD CREAMER

Mocha • Turmeric
Reduced Sugar
Sweet & Creamy

\$5.49

8 oz | **Save \$4.50**



Over 1000 items on SALE! • 8/20 - 8/26

BULK DEPARTMENT DEALS

Camas Country Mill
**WHOLE WHEAT
PASTRY FLOUR**
\$1.79/LB
Save 50¢/lb



**REGULAR
ROLLED OATS**
\$1.99/LB
Save 50¢/lb



GREEN LENTILS
\$2.99/LB
Save 80¢/lb



Azure
ORZO PASTA
\$3.49/LB
Save \$1/lb



BLACK EYED PEAS
\$3.29/LB
Save 70¢/lb



Earthly Gourmet
COCONUT FLOUR
\$3.49/LB
Save 50¢/lb



Tierra Farm
ROASTED CASHEWS
Salted • Unsalted
\$15.99/LB
Save \$4/lb



Frontier
**ORGANIC
BAY LEAVES**
\$63.99/LB
Save \$20/lb



ONLY \$4/oz

Frontier
DILL LEAF
\$34.99/LB
Save \$10/lb



ONLY \$2.19/oz

Frontier
**YELLOW MUSTARD
POWDER**
\$12.99/LB
Save \$4/lb



ONLY 82¢/oz

Equal Exchange
PERUVIAN & LOVE BUZZ COFFEE
\$12.99/LB
Save \$2/lb



Hummingbird
**RAW ORGANIC
OREGON HAZELNUTS**
\$16.99/LB
Save \$3/lb



Over 1000 items on SALE! • 8/20 - 8/26



BRAND SUPPLEMENTS

We look closely at every product we carry, and especially at the companies we choose to partner with for our "house brand." After extensive vetting, we are proud to 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.



BOSWELLIA

450 mg

\$10.49

60 vcap | Save \$5



HYALURONIC ACID

100 mg

\$18.49

50 cap | Save \$4.50



Renew Life **PARASMART**

Cleansing Formula Kit

\$28.99

1 ea | Save \$9



Smarty Pants **KIDS' MULTIVITAMIN & FIBER**

\$22.99

120 ct | Save \$10

GAIA HERBS



ASHWAGANDHA GUMMIES

\$9.99

45 chews | Save \$6

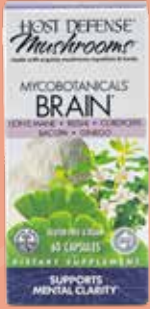


ASHWAGANDHA ROOT

\$16.99

60 caps | Save \$9.50

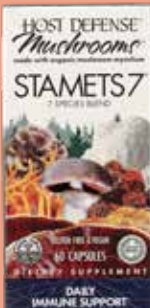
HOST DEFENSE



MYCOBOTANICALS BRAIN

\$21.99

60 cap | Save \$8



STAMETS 7

\$23.99

60 cap | Save \$9



LION'S MANE

\$23.99

60 cap | Save \$9

**ALL
LION'S MANE
& STAMETS 7
ON SALE**



Bluebird Botanicals

CLASSIC CBD OIL

\$15.99

1 fl oz | Save \$4

**ALL BLUEBIRD
ON SALE**



Carlson Labs VERY FINEST FISH OIL

Lemon Flavor

\$20.99

6.76 fl oz | Save \$4



Flora

SUPER 8 PROBIOTIC

\$19.99

30 caps | Save \$5.50



KAL

MAGNESIUM GLYCINATE

350 mg

\$17.99

160 vcap | Save \$5



Natural Factors

RxOMEGA-3

Ultra Strength

\$39.99

150 sg | Save \$7

NATURAL FACTORS



VITAMIN C 500 mg CHEWABLES

Passion Peach Mango
Orange • Mixed Fruit
Blueberry Raspberry

\$10.99

90 chews | **Save \$3**



VITAMIN C 500 mg CHEWABLES

Tropical Fruit
Orange • Mixed Fruit
Blueberry Raspberry

\$17.99

180 chews | **Save \$5**



LIPOSOMAL VITAMIN C

1000 mg per serving

\$13.99

60 softgels | **Save \$5**



Garden of Life **ONCE DAILY PROBIOTIC**

Women's • Men's

\$28.99

30 vcap | **Save \$9**



Garden of Life **VITAMIN CODE RAW CALCIUM**

\$35.99

120 vcap | **Save \$13**



Herbs Etc. **DEEP SLEEP**

\$22.99

60 sg | **Save \$10**

**NEW LOOK
COMING SOON!**

FLORA



FLAX OIL

\$21.99

17 fl oz | **Save \$8**



Wellness • On Sale 8/20 - 8/26

NATURAL STACKS



**GABA
BRAIN FOOD**
\$28.99

60 vcap | **Save \$10**



**DOPAMINE
BRAIN FOOD**
\$28.99

60 vcap | **Save \$10**



NEUROFUEL
\$28.99

75 ct | **Save \$10**

**ALL NATURAL
STACKS ON SALE**



**Aura Cacia
AROMATHERAPY
MISTS**

Peppermint • Ginger Mint
Lavender • Patchouli Orange
Tangerine Grapefruit

\$5.79

4 fl oz | **Save \$4.20**



**Desert Essence
TOOTHPASTE**

Wintergreen • Mint
Charcoal • Fennel

\$5.79

6.25 oz | **Save \$2.20**



**Desert Essence
TEA TREE OIL
MOUTHWASH**

Spearmint • Whitening

\$7.99

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



**Wild Carrot
LOTION**

Lord! my hands are so dry!
Firefly Sparkle • Lavender
Mountain Cypress

\$16.99

6.8 fl oz | **Save \$9**

Wellness • On Sale 8/20 - 8/26



Alaffia
**BEAUTIFUL CURLS
 CURL CUSTARD
 OR DEFINING GEL**
\$8.99
 8 fl oz | **Save \$5**



Similasan
**EAR WAX
 REMOVAL KIT**
\$8.99
 .33 oz | **Save \$5**



Alaffia
**SHAMPOO
 & CONDITIONER**
 Your Choice
\$9.99
 32 fl oz | **Save \$6**



Everyone
3 IN 1 SOAP
 Assorted Soaps
\$8.49
 32 fl oz | **Save \$4.50**

BOIRON



**ARNICARE
 VALUE PACKS**
 Cream or Gel
 & Oral Pellets
\$11.99
 2.5-2.6 oz | **Save \$4**



Andalou
**TONING
 REFRESHER**
 Age Defying
\$9.99
 6 fl oz | **Save \$5**



Andalou
**AGE DEFYING
 FACE CREAM**
 Perfecting • Lift & Firm
\$17.99
 1.7 oz | **Save \$11**

Over 1000 items on SALE! • 8/20 - 8/26

ENER-LIFE



**ENER-B+
VITAMIN B COMPLEX**
Orange • Rasp Lemonade

\$13.99

30 pkt | **Save \$5**



**ENER-IV+
ELECTROLYTE MIX**
Mixed Berry

\$6.49

12 pkt | **Save \$2.50**

ENTER TO WIN A KAYAK

FROM ENER-LIFE AT LIFESOURCE!

**Visit the store
and fill out an
entry form for a
chance to win!**

**No purchase necessary.
One entry per person;
ages 18+ only.
Enter by 8/31/25.**

**VALUED AT
\$700**



**ION Biome
GUT SUPPORT**

\$59.99

32 fl oz | **Save \$15**

**ALL ION
ON SALE**



**Everyone
HAND SANITIZER
WIPES**

Lavender • Grapefruit
Coconut Lemon

\$2.79

15 ct | **Save \$2.20**

NORDIC NATURALS



**CHILDREN'S
DHA GUMMIES**

\$15.99

30 chews | **Save \$6**