



**EAT WELL
BE HAPPY**

ORGANIC
POMEGRANATES

\$1.99/EA



ORGANIC
CUCUMBERS

89¢/EA



ORGANIC
RED BARTLETT PEARS

\$1.89/LB



PAJAMA SALE

SATURDAY, NOVEMBER 22, 6-10 AM

15% OFF REGULAR PRICED ITEMS

(EXCLUDES TURKEYS)



Organic Produce • On Sale 11/5 - 11/11



POMEGRANATE CHICKEN

Serves 4

- 1 lb boneless skinless chicken breast
 - Kosher salt and black pepper, to taste
 - 2 Tbsp olive oil
 - 2 pomegranates (or 1 cup pomegranate juice)
 - 2 Tbsp mellow miso paste
 - 2 Tbsp golden balsamic vinegar
 - 2 Tbsp mirin or white wine
 - 1 Tbsp honey
 - 1 tsp red pepper flakes (optional)
 - ½ tsp ground ginger
1. Halve the pomegranates and de-seed by whacking the back (skin side) with a wooden spoon over a bowl. The arils (seeds) should fall out easily. Reserve a ¼ cup of the arils. Run the rest through a juicer to extract the juice. If you don't have a juicer, pulse in a blender until the juice is released, and strain through a double layer of cheesecloth to remove the seeds. You should end up with about a cup of juice.
 2. Pound the chicken breasts to an even thickness of about ½ inch. Season both sides generously with salt and pepper.
 3. Heat oil in a 12-inch skillet over medium high heat until it shimmers. Cook 4-5 minutes on each side, or until golden brown and cooked through. Remove to a plate and set aside.
 4. Deglaze the pan with the juice, scraping up any browned bits. Whisk in miso paste, vinegar, mirin, honey, pepper flakes, and ginger. Bring to a boil and reduce heat to a simmer. Cook and stir until thickened, about 6-10 minutes. Remove from heat.
 5. Return the chicken to the skillet with the sauce, and coat on all sides. Serve hot with reserved arils and extra sauce.



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\$4.49/LB



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Brites • Darlings
Poppies • Kaleidos
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**ORGANIC
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Organic Produce • On Sale 11/5 - 11/11

ORGANIC RUTABAGA

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ORGANIC GRAPEFRUIT

\$2.29/LB



ORGANIC
GREEN BEANS

\$2.69/LB



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KITCHEN HOURS**
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LIFESOURCE KITCHEN



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Traditional or Made Without Gluten



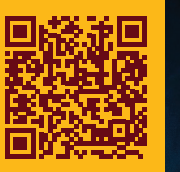
**TRADITIONAL PECAN
VEGAN DUTCH APPLE**



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NO DEPOSIT REQUIRED



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THANKSGIVING PANISSE



Serves 4

- 1 Tbsp ghee or coconut oil
 - 1 tsp salt
 - 1 tsp turmeric
 - 2 tsp onion powder
 - 2 tsp garlic powder
 - 1 tsp sage
 - 1 tsp thyme
 - ½ tsp marjoram
 - ½ tsp black pepper
 - 1 qt water
 - 2 cups chickpea flour
 - Olive oil, for frying
1. Lightly oil a 9-inch-by-9-inch baking dish.
 2. Melt the ghee or coconut oil in a medium heavy bottomed saucepan. Add spices, cooking and stirring until aromatic and toasty, 2-3 minutes.
 3. Whisk water into spices and heat until almost but not quite, boiling. Whisk in the chickpea flour.
 4. Turn heat down to medium and continue to whisk until the mixture begins to thicken, about 2-3 minutes.
 5. Switch from the whisk to a wooden spoon and stir constantly over medium heat for about 10 more minutes, or until the mixture is very thick and holds its shape. Reduce heat as necessary to avoid scorching.
 6. Remove from heat and scrape the mixture into the oiled baking dish and smooth the top. Allow to cool, either on the counter or in the fridge, until firm and set (about 30-60 minutes).
 7. When firm, unmold the mixture by inverting over a cutting board. Cut into squares, rounds or batons no more than ½ inch thick.
 8. In a heavy skillet, heat ¼ to ½ -inch of oil over medium heat until it begins to shimmer. Fry the panisses in batches, being careful not to crowd the pan, about 3 minutes. When the first side is golden and crisp, use tongs to turn them until they have fried on all sides, another 2-3 minutes. Remove them from the pan and drain on paper towels. As you continue frying the rest, add more oil as needed, but be sure to allow the oil time to heat before adding another batch. Serve with mushroom gravy.



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 Vegetable • Chicken
\$3.29
 32 fl oz | Save \$2.20



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 15-16 oz | Save \$4



4th & Heart
GHEE
 Original • Salted • Garlic
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 9 oz | Save \$5.50



Nancy's
ORGANIC CREAM CHEESE
 Original • Garlic & Herb
\$3.49
 8 oz | Save \$2-\$2.50

Scan here for our Mushroom Gravy recipe —perfect for panisses and other holiday staples, from mashed potatoes to dressing— and find more original, kitchen-tested recipes for holiday feasts and beyond at LifeSourceNaturalFoods.com





Lonely Lane Farms
**CRANBERRY SAGE
PORK SAUSAGE**

Pasture Raised in Mt. Angel

Close to
Home!

\$8.99

16 oz | Save \$2

CRANBERRY SAUSAGE STUFFING

Makes 6 Servings

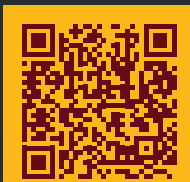
- 8 cups bread, cut into 1-inch cubes (gluten free or wheat)
- 1 lb ground sausage
- ½ cup butter or vegan butter
- 1 yellow onion, finely chopped
- 3 stalks celery, finely chopped
- 3 sprigs sage leaves, finely chopped
- 2 sprigs thyme leaves, finely chopped
- ½ sprig rosemary leaves, finely chopped
- 1 tsp poultry seasoning
- ½ tsp salt
- 1 tsp pepper
- ¾-1 cup chicken or veggie broth
- 2 eggs, beaten
- 1 cup dried cranberries

1. Preheat the oven to 225°F. Spread bread in a single layer on one or two rimmed baking sheets. Bake for about 1 hour - 90 minutes, stirring every 30 minutes until the bread is completely dried out. Transfer to a large bowl.
2. Preheat the oven to 350°F. Butter a 13x9-inch baking dish, set aside.
3. In a large skillet, brown sausage over medium heat, breaking up into small pieces. Drain fat and set aside.
4. In the same skillet over medium heat, melt butter and cook the onions and celery until browned, about 10 minutes. Remove from heat. Stir in fresh herbs, poultry seasoning, salt, and pepper.
5. Add broth and eggs to the bowl with the bread. Toss gently until coated. Bread should absorb liquid evenly, without leaving a puddle in the bowl. Add more broth for wetter stuffing, less broth for drier stuffing.
6. Gently fold in veggie herb mixture, cooked sausage, and cranberries.
7. Transfer stuffing to the prepared baking dish. Spread into an even layer. Bake for 30 minutes, covered. Uncover, and bake an additional 15-20 minutes, or until stuffing is golden and cooked through.

THE TURKEYS ARE COMING RESERVE YOURS TODAY



DIESTEL ORGANIC YOUNG TURKEY



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24 fl oz | Save \$4.50



Charcutnuvo
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Blake's
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Nuts for Cheese
DAIRY-FREE ORGANIC CHEESE

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Vegetable • Lemongrass
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Maya Kaimal SIMMER SAUCES

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12.5 oz | Save \$3



Lucini Italia ORGANIC PASTA SAUCE

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24 oz | Save \$4



Ancient Harvest GLUTEN FREE ORGANIC PASTA

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8-9.6 oz | Save \$1.80



Montebello ORGANIC ITALIAN PASTA

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16 oz | Save \$2.70



Rumiano ORGANIC CHEESE

Sharp & Medium Cheddar
Pepper Jack • Gouda
Mozzarella • Monterey Jack

\$4.49

8 oz | Save \$3.50

BAKED MAC AND CHEESE

Serves 4-6

- ½ lb macaroni or penne pasta
- 1 small yellow onion (or ½ large), diced
- 4 Tbsp butter, divided
- 3 Tbsp all-purpose flour
- 3 cups whole milk
- 12-16 oz sharp cheddar cheese, shredded
- 1 tsp salt (to taste)
- ½ tsp ground pepper (to taste)
- 1 Tbsp yellow mustard
- 2 Tbsp panko bread crumbs (optional)

1. Preheat the oven to 350°F.
2. Cook the pasta about one minute less than the instructions on the package, to al dente. Drain and set aside.
3. Take half the butter and melt it in a thick bottomed two-quart pot. When the butter is melted, add the diced onion. Stir frequently over medium heat until the onion starts to caramelize, about 20 minutes. Don't rush it.
4. Once the onion is caramelized, add the rest of the butter. Once melted, add the flour, stirring constantly, until the mixture is the consistency of cake batter.
5. Slowly add about a cup of milk, salt, pepper, and the mustard, stirring slowly.
6. Add a ½ cup of the milk and two generous handfuls of cheese. Keep stirring.
7. Once the cheese is melted into the milk, add the remaining milk and all but 3-4 oz of the cheese. Stir until just starting to bubble.
8. Taste and adjust salt and pepper. Remove from heat and stir in pasta. Place mixture in a 7 x 11-inch casserole dish (9 x 9-inch also works) and sprinkle remaining cheese and breadcrumbs over the top.
9. Bake for 20-30 minutes, until the top is evenly browned. Let sit for 5 minutes before enjoying.



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CRANBERRY ORANGE CHEESECAKE



Serves 9

Crust

- 9 whole graham crackers, crushed to fine crumbs (about a cup of crumbs)
- ½ cup butter, melted
- 3 Tbsp granulated cane sugar

Cheesecake

- Two 8 oz pkg cream cheese
- ½ cup granulated cane sugar, divided
- ½ cup sour cream
- 1 orange, zest and juice
- 1 tsp vanilla extract
- 2 eggs, room temperature
- 1 cup cranberries, fresh or frozen

1. Preheat the oven to 350°F. Grease an 8x8-inch baking dish with butter, a neutral oil, or cooking spray. (Alternatively you may line with foil to facilitate removal of the whole cheesecake.)
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. In a large bowl on low speed, beat together cream cheese and sugar.
5. Beat in sour cream, ¼ cup sugar, 2 Tbsp orange juice, 1 tsp zest, and vanilla until smooth.
6. Add eggs one at a time, continuing to beat on low until smooth and fully blended, scraping down the sides.
7. Pour into the baking dish over the crust, and bake for 35 minutes. Turn off the oven and crack the door. Allow to cool completely. Cover tightly and refrigerate at least 4 hours overnight before serving with cranberries.
8. In a small saucepan, heat cranberries, remaining ¼ cup sugar, orange zest, and orange juice to a boil. Reduce heat and simmer for 10 minutes, or until cranberries are soft. Serve over cheesecake.



Nancy's

KEFIR

Strawberry • Raspberry

\$4.79

32 oz | Save \$2.70



Heirloom

ORGANIC COFFEE

Your Choice

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12 oz | Save \$5



Mount Hagen

ORGANIC

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Regular • Decaf

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Banana Nut • Cinnamon

Chocolate Chunk

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Justin's PEANUT BUTTER

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Pamela's FIGGIES & JAMMIES

Mission Fig
Blueberry • Raspberry

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9 oz | Save \$2.50



Native Forest ORGANIC FRUIT

Pineapple • Peaches
Mangos

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Peter Rabbit Organics

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3 FOR \$5

4-4.4 oz | Save \$1.13/ea



Oatly OAT MILK

Original • Full Fat

\$3.99

64 fl oz | Save \$2

PINEAPPLE COCONUT BARS



Makes about 12 servings

Crust

- $\frac{3}{4}$ cup all purpose flour (wheat or gluten free)
- $\frac{1}{4}$ cup almond flour
- $\frac{1}{2}$ cup powdered sugar
- $\frac{1}{2}$ tsp kosher salt
- $\frac{1}{2}$ cup unsalted butter, melted
- 1 tsp vanilla extract

Filling

- One 14 oz can crushed pineapple, drained, juice reserved
- 1 cup shredded coconut, divided
- $\frac{3}{4}$ cup turbinado sugar
- 3 eggs, beaten
- $\frac{1}{4}$ cup all purpose flour (wheat or gluten free)
- $\frac{1}{2}$ tsp coconut or vanilla extract

Crust

1. Preheat the oven to 350°F. Grease an 8x8 inch baking dish with butter. Line with parchment paper.
2. Whisk together flour, almond flour, sugar, and salt. Stir in butter and vanilla. A dough will form.
3. Evenly press dough into the bottom of the baking dish. Bake in the preheated oven for 20 minutes.

Filling

4. Mix together drained pineapple, $\frac{1}{4}$ cup of the pineapple juice, $\frac{1}{2}$ cup of the shredded coconut, turbinado sugar, eggs, flour, and extract.
5. Pour the pineapple mixture into the hot crust, and top with remaining coconut. Bake in the 350°F oven for 30-35 minutes, or until bars are firm to the touch. Cool completely before removing from the baking dish and slicing.

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PUMPKIN BREAD



- One 3lb pie pumpkin, or 2 cups pumpkin puree
 - ½ cup evaporated cane sugar
 - ½ cup brown sugar
 - 2 eggs, beaten
 - ½ cup butter, melted and cooled slightly
 - 1 ½ cup unbleached white flour
 - 2 tsp baking powder
 - ½ tsp salt
 - 1 tsp cinnamon
 - ½ tsp nutmeg
 - ½ tsp ginger
 - ¼ tsp cloves
 - 2 Tbsp Turbinado sugar
1. Preheat the oven to 375°F. Line a large baking sheet with parchment paper or a silicone mat.
 2. Cut the pumpkin in half lengthwise and scoop out the seeds. Place cut side down on the prepared baking sheet. Bake until it can easily be pierced with a fork, about 40 minutes.
 3. Allow to cool slightly, and scoop out the flesh into a blender or food processor. Blend until smooth.
 4. Reduce heat to 350°F. Grease an 8-inch by 4-inch loaf pan with butter or cooking spray.
 5. In a large bowl, mix together pumpkin, cane sugar, brown sugar, eggs, and butter until blended.
 6. In a small bowl, whisk together flour, baking powder, salt, cinnamon, nutmeg, ginger, and cloves.
 7. Slowly stir dry ingredients into wet ingredients until just combined.
 8. Scrape into the prepared loaf pan, and sprinkle with turbinado sugar.
 9. Bake pumpkin bread for 55-65 minutes, or until a wooden pick inserted into the center comes out clean. Allow to cool slightly before removing from the pan.



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Tony's Chocolonely CHOCOLATE BARS

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ELIXIRS**

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Ginger Turmeric • Cola

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ROASTED KABOCHA SQUASH



Serves 4

- 1 (2 lb) kabocha squash
- 2 Tbsp maple syrup
- 2 Tbsp brown sugar
- 1 Tbsp white miso paste
- 1 Tbsp olive oil
- ½ tsp cinnamon
- ¼ tsp ground ginger
- ¼ tsp cayenne
- Salt and pepper, to taste

1. Preheat the oven to 400°F. Line a baking sheet with parchment or a silicone mat to aid cleanup, if desired.
2. Scrub the squash clean under cool running water. Slice off the ends, and cut in half lengthwise. Scoop out the seeds. Cut into ½-inch thick slices.
3. In a small bowl, mix together maple syrup, brown sugar, miso paste, olive oil, and spices. Pour over squash and toss to coat well.
4. Place on the baking sheet in a single layer. Roast 30 minutes, flipping halfway.

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OREGON WINES

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Ferment Brewing Co

BARREL AGED ALES

Imperial Stout
Stock Ale

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**ORGANIC
WHOLE OAT GROATS**

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Non Gluten Ingredients

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Equal Exchange

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MANGO STRIPS**

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Save \$3/lb



Equal Exchange

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DARK CHOCOLATE CHIPS**

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Save \$3/lb

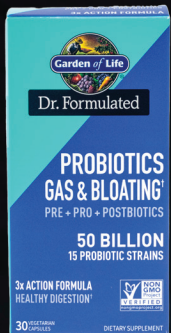


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\$9.99
60 tabs | Save \$3



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Natural Factors
PAPAYA ENZYMES
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CHEWABLE
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Over 1000 items on SALE! • 11/5 - 12/2



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**DIGEST GOLD
+ PROBIOTICS**
\$22.99
45 vcap | **Save \$10**



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100 softgels | **Save \$4**



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Kal
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METHYLCOBALAMIN**

ActivMelt Raspberry

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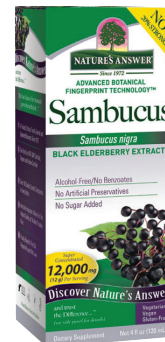
Natural Stacks
ACETYLCHOLINE

Brain Food

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STACKS ON SALE**



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MACA

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**ALL BARLEAN'S
ON SALE**

KOKORA™

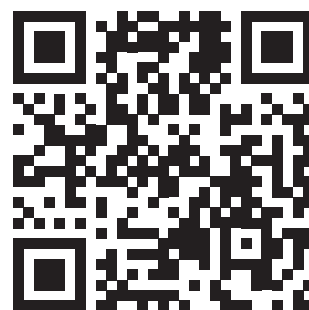
LIFE REGENERATED



At **Kokora**, our journey begins on our 100-acre **Regenerative Organic Certified®** (ROC™ Gold Certification) and Fair Trade Certified™ farm in Costa Rica's Enchanted Valley, where every step of the process — from soil management, seed selection, cultivation, and harvest, to drying, extraction, concentration, and production — supports the awakening of nature's full potential. Furthermore, we seek to partner with organic growers who are committed to sustainable practices and supporting the well-being of their communities.

Kokora Founder and CEO, Ric Scalzo (Founder of Gaia Herbs) – with his rich wealth of knowledge through decades of experience in Herbal, Naturopathic, Ayurvedic and Traditional Chinese Medicines, not only grows the herbs on Kokora's Farm but also formulates all of Kokora's products. Taking it even further, Kokora supports ongoing research at the Ric Scalzo Institute for Botanical Medicine at Sonoran University of Health Sciences in Arizona, where in-vitro models are used to explore how botanicals interact with human biology.

We invite you to begin the journey with Kokora to a Life Regenerated™, and experience the profound impact of Regenerative Organic practices on our soil, our bodies, and our environment.



Scan above to watch Kokora founder Ric Scalzo introduce Kokora's Regenerative Organic Certified farm.

Wellness • On Sale 11/5 - 12/2

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Original • Honey

\$8.99

6.7 fl oz | Save \$3



CHESTAL KIDS COUGH SYRUP

Original • Honey

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FRANKINCENSE

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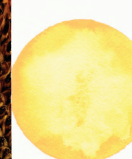
0.17 fl oz | Save \$5

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MadHippie

Vitamin C Serum

Sérum de Vitamine C



8 Actives

with Konjac Root, Ferulic and Hyaluronic Acids

30 ml / 1.02 fl oz

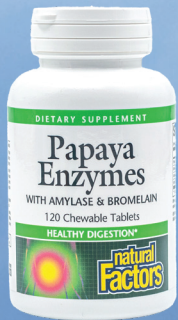
VITAMIN C SERUM

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Wellness • On Sale 11/5 - 12/2

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4 oz | Save \$4



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Organic

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ANCIENT NUTRITION

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- Hair Growth[†] Multivitamin
- Blood Sugar Support[†] Multivitamin
- Bone Health[†] Multivitamin

These new formulas feature over 20 essential vitamins and minerals, including methylated B vitamins and amino acid chelated minerals in highly absorbable forms, which are easier on the stomach and more efficiently used by the body.

These formulas combine chelated minerals (iron, iodine, magnesium and zinc) plus fermented or enzyme-activated chromium, all of which are bound to amino acids to form mineral-peptide complexes. Chelated minerals are more easily absorbed and gentle on the stomach.

Ancient Nutrition is where ancient wisdom meets modern science!

[†]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.



SELECT MULTIVITAMINS

Women's 50+
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\$34.99

60-90 caps | **Save \$15**



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