



**EAT WELL
BE HAPPY**

**ORGANIC
COSMIC CRISP APPLES**

\$1.89/LB



**ORGANIC
FREMONT
MANDARINS**

\$2.99/LB



**ORGANIC
ZUCCHINI**

\$2.69/LB



**Self Care
Saturday**

February 7 • 11-3



**Free Samples
Flash Sales
Wine, Chocolate, Coffee,
Skin Care, and More!
Giveaways**



Organic Produce • On Sale 1/28 - 2/3

GARLIC ROSEMARY BREAD



- 1 head garlic
 - 5 Tbsp olive oil
 - 4 ½ cups unbleached white flour
 - 1 pkg (2 ¼ tsp) active dry yeast
 - ½ Tbsp kosher salt, plus
 - more for sprinkling
 - 3 sprigs fresh rosemary leaves, minced
 - 2 cups warm water (114°F)
 - 1 Tbsp honey
1. Preheat the oven to 400°F.
 2. Remove papery outer skins from garlic, leaving the head intact. Slice off and discard the top fourth of the head (the stem end, opposite the roots), exposing cloves. Rub with 1 tsp olive oil. Wrap in foil and place in a shallow baking dish. Bake for 40 minutes, or until tender. Remove from skins, mash.
 3. Whisk together flour, yeast, salt, and rosemary in a large bowl.
 4. Stir in water, honey, and roasted garlic paste until all flour is incorporated. Dough will be very sticky. Brush on 1 Tbsp of the olive oil.
 5. Cover with plastic wrap or a towel. Allow to rise in a warm, draft free place until doubled in size, about 90 minutes.
 6. Drizzle 2 Tbsp oil into a 12-inch cast iron skillet. Rub a little oil on your hands, and transfer the dough into the skillet, turning to coat all sides with oil. Allow to rise again uncovered, about 1 hour.
 7. Preheat the oven to 425°F.
 8. Use your fingers to dimple the dough all over, and then drizzle on the remaining olive oil. Bake for 30-35 minutes, or until golden and crisp. Remove from the skillet immediately after baking and cool on a rack at least 1 hour before slicing.

**ORGANIC
GARLIC**

\$5.99/LB



**ORGANIC
TOMATOES
ON THE VINE**

\$3.99/LB



**DREAMING OF SPRING?
SO ARE WE.**

**TERRITORIAL SEEDS HAVE ARRIVED!
START YOUR GARDEN PLANNING TODAY.**



Organic Produce • On Sale 1/28 - 2/3

**ORGANIC
RASPBERRIES**

\$4.99



**6 OZ
PKG**

**ORGANIC
STRAWBERRIES**

\$6.99



**16 OZ
PKG**

**ORGANIC
MINNEOLA TANGELOS**

\$2.29/LB



LIFESOURCE KITCHEN HOURS

8 AM - 8 PM

GRAB AND GO ANYTIME

.....

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



LifeSourceNaturalFoods.com

SMART CHICKEN

**ORGANIC BONE-IN
CHICKEN THIGHS**

\$5.99/LB

Save 80¢/lb



Annie's
**ORGANIC
MAC & CHEESE**

Select Varieties

2 FOR \$5

6 oz | Save \$2.49/ea



Organic Valley
SHREDDED CHEESE

Mexican & Italian Blends
Mozzarella

\$3.49

6 oz | Save \$3



Caboo
TREE FREE TP

\$8.99

12 rolls | Save \$6



ECOS
LAUNDRY LIQUID

Free & Clear • Lavender
Lemongrass • Magnolia

\$11.99

100 fl oz | Save \$6



Feel Good Foods
EGG ROLLS

Chicken • Vegetable

\$5.99

9 oz | Save \$4



Feel Good Foods
GLUTEN FREE SNACKS

Mac & Cheese Bites
Mozzarella Sticks

\$5.49

8 oz | Save \$4

I AND LOVE AND YOU



PÂTÉ FOR CATS

Salmon • Rabbit
Chicken • Cod

\$1.29

3 oz | Save 70¢



Amy's
FROZEN PIZZAS

Cheese • Margherita

\$7.99

13 oz | Save \$5



Crunchmaster CRACKERS

Multi-Grain • Multi-Seed
Rosemary & Olive Oil

2 FOR \$6

4-4.5 oz | Save \$1.49/ea



Nixie

ZERO SUGAR SODA

Cola • Root Beer
Cream Soda

2 FOR \$3

12 fl oz | Save \$1.29/ea



Quinn

PRETZEL STICKS & TWISTS

\$2.99

5.6 oz | Save \$2

FILLED PRETZEL NUGGETS & STICKS

\$3.99

5.8-7 oz | Save \$2.30-\$2.50



Poppi

4-PACK SODAS

Raspberry Rose
Strawberry Lemon

\$6.49

4/12 fl oz | Save \$6



The Good Crisp Co. POTATO CRISPS

Your Choice

2 FOR \$6

5.6 oz | Save \$1.99



get ready for the SUPERB OWL

FANTASTIC FIXINS FOR YOUR FLOCK



Angie's Boomchickapop POPCORN

Sea Salt • Sweet & Salty

2 FOR \$5

4.8-7 oz | Save \$2.29/ea



Siete

POTATO CHIPS

Your Choice

\$2.79

5.5 oz | Save \$2.20

Over 1000 items on SALE! • 1/28 - 2/10

MAKE AHEAD BAKED PENNE



Serves 6-8

- 1 (16 oz) or 2 (8 oz) pkg penne rigate
- 1 (12 oz) container ricotta
- 1 (10 oz) pkg frozen spinach, defrosted, water squeezed out
- 1 egg
- 2 (24 oz) jars pasta sauce
- 2 (6 oz) pkg shredded Italian cheese blend
- Salt and pepper, to taste
- 13 x 9 x 2-inch baking pan

1. Cook pasta for half the time listed on the package directions. Drain.
2. In a large bowl, mix together ricotta, spinach, egg, half the cheese, and salt and pepper. Fold in pasta and sauce. Sprinkle remaining cheese on top.
3. Cover with foil, label with contents and date made. Freeze up to 3 months.
4. To prepare, remove the casserole from the freezer 15 minutes before baking. Preheat the oven to 375°F. Bake for about 45 minutes. Remove foil and bake another 15 minutes, or until internal temp reaches 165°F.

This recipe is perfect to freeze and just pop in the oven when you need an easy meal! It's a great option to bring to friends and neighbors recovering from surgery,

illness, or childbirth!

Scan here for another easy, make-ahead meal: our **Make Ahead Enchilada Casserole**. And find lots more delicious recipes at LifeSourceNaturalFoods.com



Carbone MARINARA SAUCES

Your Choice

\$6.99

24 oz | Save \$4.50



Rao's PASTA SAUCES

Your Choice

\$5.99

24 oz | Save \$5



California Olive Ranch EXTRA VIRGIN OLIVE OIL

For Everyday

\$24.99

33.8 fl oz | Save \$15



Chickapea CHICKPEA LENTIL PASTA

Spaghetti • Shells • Penne
Spirals • Elbows

\$3.49

8 oz | Save \$2



Kevin's PALEO CHICKEN ENTRÉES

Lemongrass • Thai-Style
Cilantro Lime • Teriyaki
Korean-Style

\$7.99

16 oz | Save \$4



Oatly
OAT MILK
Original • Full Fat
\$3.99
64 fl oz | **Save \$2**



Earth Balance
**BUTTERY STICKS
& SPREAD**
Original • Soy Free
\$3.99
15-16 oz | **Save \$4**



Minor Figures
BARISTA OAT MILK
Original • Organic
Organic Lite
\$3.79
32 fl oz | **Save \$2.20**



Nancy's
**ORGANIC
CREAM CHEESE**
\$3.49
8 oz | **Save \$2**



The a2 Milk Company
a2 MILK
Whole • 2%
\$3.99
59 fl oz | **Save \$2**

NATIVE FOREST



**ORGANIC
COCONUT CREAM**
4 FOR \$5
5.4 fl oz | **Save 74¢/ea**



VITAL FARMS



**ORGANIC
PASTURE-RAISED
LARGE EGGS**
\$8.49
1 doz | **Save \$3.50**



Over 1000 items on SALE! • 1/28 - 2/10

CHOCOLATE FONDUE



Serves 2

- 5 oz semisweet chocolate chips, or your favorite chocolate bars, chopped.
 - 1/4 cup full fat canned coconut milk
 - 1 tsp vanilla extract
 - 5 or 6 seedless mandarin oranges, peeled and divided into wedges.
1. Over low heat in a small saucepan, combine chocolate, coconut milk and vanilla. Stir until smooth. Transfer to a small slow cooker or fondue pot to keep warm.
 2. Serve with mandarin oranges.



Choclove CHOCOLATE BARS

Your Choice

2 FOR \$7

3-3.2 oz | **Save \$1.49/ea**



Chocxo ORGANIC CHOCOLATE CUPS

Peanut Butter • Lemon Creme
Cookies & Cream • Coconut

\$5.29

3.45 oz | **Save \$2.70**



The Ginger People GIN GINS

Chews • Double Strength

\$2.49

3 oz | **Save \$1.50**



Honey Mama's CHOCOLATE FUDGE BARS

Your Choice

2 FOR \$7

2.5 oz | **Save \$3.49/ea**



Traditional Medicinals

ORGANIC HERBAL TEAS

\$4.49

16 bag | **Save \$3**



LUNA BARS

Your Choice

3 FOR \$4

1.69 oz | **Save 96¢/ea**

OREGON ROSÉ WINES



Sokol Blosser
**ESTATE ROSÉ
OF PINOT NOIR**
Made with organically
grown grapes
Dundee Hills, Oregon
\$16.99
750 ml | **Save \$3**



Vitae Springs Vineyard
ROSÉ OF PINOT GRIS
Salem
Willamette Valley, Oregon
\$21.99
750 ml | **Save \$3**



Coelho
PINOT NOIR ROSÉ
Willamette Valley, Oregon
\$16.99
750 ml | **Save \$3**



Illahe Vineyards
TEMPRANILLO ROSÉ
Willamette Valley, Oregon
\$19.99
750 ml | **Save \$4**



A to Z Wineworks
OREGON ROSÉ
Old vine Sangiovese
Southern Oregon
\$14.99
750 ml | **Save \$3**



McBeth Vineyards
**TULIPAN
PINOT NOIR ROSÉ**
Willamette Valley, Oregon
\$13.99
750 ml | **Save \$6**



Quady North
ROSÉ OF GRENACHE
Rogue Valley, Oregon
\$17.99
750 ml | **Save \$2**

**Rosé is a rosé is a rosé is a rosé.
Loveliness extreme.**

Over 1000 items on SALE! • 1/28 - 2/10

BULK DEPARTMENT DEALS

**ORGANIC ROLLED
KAMUT FLAKES**

\$3.29/LB

Save \$1/lb



Café Mam
**ORGANIC FAIR TRADE
ITALIAN ROAST COFFEE**

\$12.99/LB

Save \$3/lb



Close to Home!



**ORGANIC
SPELT FUSILLI**

\$5.49/LB

Save \$1.50/lb



**ORGANIC
ACINI DI PEPE PASTA**

Made with non-gluten
ingredients

\$6.99/LB

Save \$2/lb



Tierra Farm
**ORGANIC BLUEBERRY
ALMOND GRANOLA**

\$8.49/LB

Save \$2.50/lb



Yum Earth
ORGANIC LOLLIPOPS

\$18.99/LB

Save \$5/lb



Close to Home!



ABOUT 26¢/EA

Equal Exchange
**BITTERSWEET
CHOCOLATE CHIPS**

Organic & Fair Trade

\$13.99/LB

Save \$4/lb



Earthly Gourmet
ORGANIC MACA

\$14.99/LB

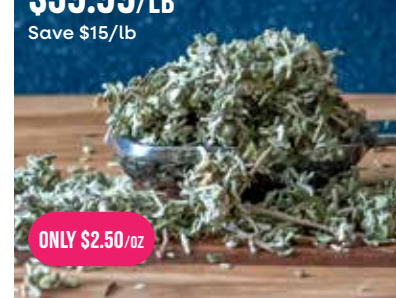
Save \$5/lb



Mountain Rose Herbs
**ORGANIC
DAMIANA LEAF**

\$39.99/LB

Save \$15/lb



ONLY \$2.50/oz

Mountain Rose Herbs
ORGANIC LOVE TEA

\$49.99/LB

Save \$16/lb



Close to Home!



ONLY \$3.12/oz

Mountain Rose Herbs
RHASSOUL CLAY

\$15.99/LB

Save \$6/lb

A truly exquisite spa quality
clay from the fertile Atlas
Mountains in Morocco. Blends
extremely well with water, mak-
ing its application to the face and
skin a smooth and delightful expe-
rience. Used for over 1400 years as a
soap, shampoo, and skin conditioner.



Mountain Rose Herbs
**ORGANIC DRIED ROSE
PETALS**

Pink • Red

\$89.99/LB

Save \$40/lb



ONLY \$5.62/oz

Over 1000 items on SALE! • 1/28 - 2/10



Take Your **Heart Health** to the **Power of Omega-3***



ULTIMATE OMEGA

\$39.99

120 sg | **Save \$10**

ULTIMATE OMEGA 2X

\$39.99

60 sg | **Save \$12**

Nordic Naturals Ultimate Omega® fish oil supplements deliver concentrated levels of the omega-3 fatty acids EPA and DHA for an easy and reliable way to support a healthy heart.* Every hardworking heart needs omega-3s to support cardiovascular health at the cellular level, but it can be hard to get a steady supply of these healthy fats from food alone.* In fact, more than 80% of Americans don't get enough omega-3s from their diet.†

Made from 100% wild-caught fish harvested from sustainable, Friend of the Sea (FOS) certified fisheries, Ultimate Omega fish oils are formulated in the triglyceride molecular form for better absorption than ethyl ester-form supplements. Every fresh, great-tasting serving gives you and your family the extra support needed to fill common nutritional gaps and support heart health from within.*

Give your heart the daily care it deserves with the Power of Omega-3.*

† Murphy RA, et al. BMJ Open. 2021;11

*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.



LifeSourceNaturalFoods.com

NATURAL FACTORS



ALPHA-LIPOIC ACID

600 mg

\$13.99

60 vcap | **Save \$5**



TOTAL BODY COLLAGEN

Orange • Pomegranate
Unflavored

\$37.99

1.06 lb | **Save \$9**



Whole Earth & Sea MULTIVITAMIN

Women's • Men's
Women's 50+ • Men's 50+
Prenatal

\$26.99

60 tab | **Save \$8**



Host Defense MYCOMMUNITY & STAMETS 7

Made with Organic
Mushroom Mycelium

\$14.99

30 vcap | **Save \$5**



Mickelberry Gardens FIRE CIDER HONEY TONIC

\$13.49

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



Microy FUNCTIONAL MUSHROOM GUMMIES

Hibernate • Motivate
Elevate • Concentrate

\$27.99

30 pc | **Save \$7**



NOW NAC

600 mg

\$12.99

100 vcap | **Save \$5**



NOW D-MANNOSE

500 mg

\$18.99

120 vcap | **Save \$6**





Oregon's Wild Harvest
TURMERIC
 with Black Pepper
\$23.99
 60 cap | **Save \$12**



Oregon's Wild Harvest
**MILK THISTLE
 DANDELION**
\$24.99
 90 cap | **Save \$11**



Zand Immunity
LOZENGES
 Your Choice
\$2.99
 18 loz | **Save \$1.50**



Aura Cacia
**LAVENDER
 ESSENTIAL OIL**
\$7.99
 0.5 fl oz | **Save \$6**



Aura Cacia
**ROSE ABSOLUTE
 ESSENTIAL OIL**
\$9.99
 0.5 fl oz | **Save \$5**

SOLARAY



**MEN'S
 DIM COMPLEX**
 Supports hormone
 balance†
\$19.99
 60 vcap | **Save \$10**



**MEN'S
 LIBIDO SUPPORT†**
\$19.99
 60 vcap | **Save \$10**



**MEN'S
 TESTOSTERONE
 SUPPORT†**
\$26.99
 60 vcap | **Save \$13**

NEW!

**BACKED BY SCIENCE.
 BUILT FOR MEN.**

Powerful Support for Testosterone,
 Libido, and Hormone Balance†

†These statements have not been reviewed by the FDA. These products are not intended to diagnose, treat, cure, or prevent any disease

Wellness • On Sale 1/28 - 2/24

BOIRON



COLD CALM

\$9.99

60 tab | Save \$3



SINUS CALM

\$9.99

60 tab | Save \$3



THROAT CALM

\$9.99

60 tab | Save \$3



Adults & children
ages 4 & older



No known drug
interactions



**Zhou
HAIRFLUENCE**

\$24.99

60 ct | Save \$5



**Heritage Store
ROSEWATER MIST**

\$5.99

4 fl oz | Save \$2

**ROSEWATER
& GLYCERIN MIST**

\$6.29

4 fl oz | Save \$2.20



**Acure
REJUVENATING
EYE CREAM**

\$12.99

1 fl oz | Save \$7



**Life-flo
ORGANIC ROSEHIP
SEED OIL**

\$8.99

1 fl oz | Save \$4



**Pranarom
ORGANIC
CASTOR OIL**

\$4.29

2 fl oz | Save \$2.70



**Tom's of Maine
TOOTHPASTE**
Peppermint • Cinnamon
Fennel • Sensitive

\$6.29

4 oz | Save \$3.70

Wellness • On Sale 1/28 - 2/24



**LOCALLY
MADE**

GO-OUT
Get back to life.

We are a small town manufacturer of dietary supplements and natural health care products, pioneering our industry for the past 45 years. When we developed the GO OUT products and received such positive feedback from our customers, we knew we had to share the products with a larger customer base. Since then we have helped millions live a more vibrant active life. With such incredible benefits, we never looked back.

Our products are truly a natural prescription for health, and we are committed to always providing only the highest quality products possible.

Our Products

Go-Out Daily Maintenance is designed for ongoing, everyday support of healthy uric acid levels with a blend of natural ingredients like tart cherry, celery seed, turmeric, and bromelain.†

Go-Out Extra Strength includes similar core ingredients with 4x the potency, and is intended for those needing more robust support, either on its own or paired with the daily formula.†

Go-Out NOW! is a fast-acting option that features a potent blend including Chanca Piedra, making it great for use as a potent "stone-breaker" and promoting kidney health.†

† 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.



**GO-OUT DAILY
MAINTENANCE**
\$23.99
90 vcap | **Save \$6**



**GO-OUT EXTRA
STRENGTH**
\$31.99
60 vcap | **Save \$8**



GO-OUT NOW!
\$39.99
60 vcap | **Save \$10**

Over 1000 items on SALE! • 1/28 - 2/24



We are Mt. Angel Vitamins, proudly made in Mt. Angel, Oregon, where we

formulate, manufacture, and package our supplements in our own FDA-registered, cGMP-compliant facility. By keeping production in-house and employing many local Mt. Angel residents for over 50 years, we maintain strict quality standards while staying deeply connected to the community that produces every bottle.

Our line is comprehensive and thoughtfully designed, uniting everyday nutrition with targeted wellness solutions. Mt. Angel Vitamins offers a full range of A-Z vitamins and essential minerals alongside condition-specific formulas supporting areas such as digestion, stress and mood, brain health, metabolism, and immune function—making our collection easy to navigate and versatile enough to meet a wide range of consumer needs.

All crafted locally in Mt. Angel, Oregon.



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NMN + NR
with Resveratrol
and TMG

\$39.99

60 vcap | **Save \$10**



Close to Home!

BONES + K2
with Aquamin
multi-mineral complex

\$19.99

60 vcap | **Save \$6**



Close to Home!

**INFLAMEZE
ULTRA**

Curcumin C3
complex

\$28.99

50 vcap | **Save \$7**



Close to Home!

2649 Commercial St SE • 503-361-7973 • Open 8am-9pm • Eat Well, Be Happy!