



**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
- 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

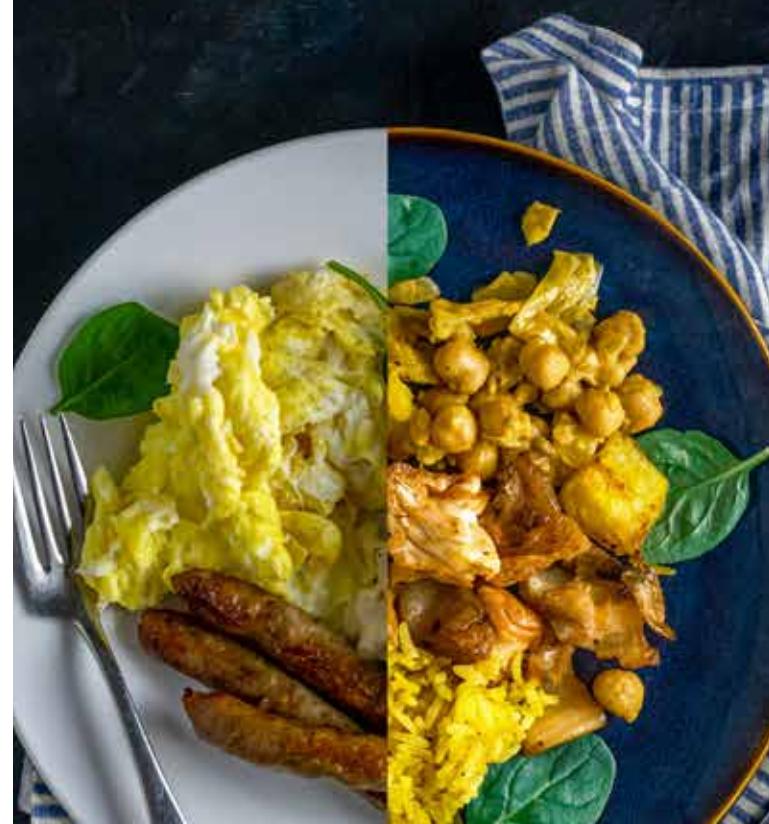


LIFESOURCE KITCHEN HOURS

8 AM - 8 PM

GRAB AND GO ANYTIME

SCRATCH MADE AND
SERVED UP
FRESH
EVERY DAY!



SMART CHICKEN

ORGANIC BONE-IN CHICKEN THIGHS

\$5.99/LB

Save 80¢/lb



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

I AND LOVE AND YOU

PÂTÉ FOR CATS

Salmon • Rabbit
Chicken • Cod

\$1.29

3 oz | Save 70¢



LifeSourceNaturalFoods.com

Annie's
**ORGANIC
MAC & CHEESE**

Select Varieties

2 FOR \$5

6 oz | Save \$2.49/ea



USDA
ORGANIC

Organic Valley
SHREDDED CHEESE

Mexican & Italian Blends
Mozzarella

\$3.49

6 oz | Save \$3



USDA
ORGANIC

Feel Good Foods
EGG ROLLS

Chicken • Vegetable

\$5.99

9 oz | Save \$4



GF

Feel Good Foods
GLUTEN FREE SNACKS

Mac & Cheese Bites
Mozzarella Sticks

\$5.49

8 oz | Save \$4



GF



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



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



NON
GMO
Project
VERIFIED
nongmoproject.org

The Good Crisp Co. **POTATO CRISPS**

Your Choice

2 FOR \$6

5.6 oz | Save \$1.99



Angie's Boomchickapop **POPCORN**

Sea Salt • Sweet & Salty

2 FOR \$5

4.8-7 oz | Save \$2.29/ea



Nixie **ZERO SUGAR SODA**

Cola • Root Beer
Cream Soda

2 FOR \$3

12 fl oz | Save \$1.29/ea



Poppi **4-PACK SODAS**

Raspberry Rose
Strawberry Lemon

\$6.49

4/12 fl oz | Save \$6



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



NON-GMO
VERIFIED
nongmoproject.org

Carbone MARINARA SAUCES

Your Choice

\$6.99

24 oz | Save \$4.50



Rao's PASTA SAUCES

Your Choice

\$5.99

24 oz | Save \$5



NON-GMO
VERIFIED
nongmoproject.org

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

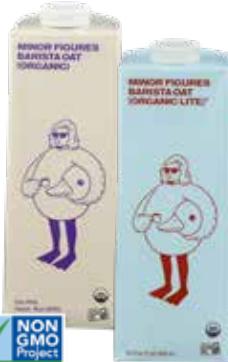
16 oz | Save \$4



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 mandarins, 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 mandarins.



Honey Mama's CHOCOLATE FUDGE BARS

Your Choice

2 FOR \$7

2.5 oz | Save \$3.49/ea



Chocolove CHOCOLATE BARS

Your Choice

2 FOR \$7

3-3.2 oz | Save \$1.49/ea



Chocxo ORGANIC CHOCOLATE CUPS

Peanut Butter • Lemon Creme
Cookies & Creme • Coconut

\$5.29

3.45 oz | Save \$2.70



The Ginger People GIN GINS

Chews • Double Strength

\$2.49

3 oz | Save \$1.50



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



Close to
Home!



Vitae Springs Vineyard
ROSÉ OF PINOT GRIS

Salem
Willamette Valley, Oregon

\$21.99

750 ml | Save \$3



Close to
Home!

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



Close to
Home!

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



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



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, making its application to the face and skin a smooth and delightful experience. 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

Café Mam

ORGANIC FAIR TRADE ITALIAN ROAST COFFEE

\$12.99/LB

Save \$3/lb



Close to Home!



CAFE
Mam

Tierra Farm

ORGANIC BLUEBERRY ALMOND GRANOLA

\$8.49/LB

Save \$2.50/lb





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



Oregon's Wild Harvest

TURMERIC

with Black Pepper

\$23.99

60 cap | Save \$12

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!

Zand Immunity

LOZENGES

Your Choice

\$2.99

18 oz | 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



**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



COLDCALM

\$9.99

60 tab | Save \$3



SINUSCALM

\$9.99

60 tab | Save \$3



THROATCALM

\$9.99

60 tab | Save \$3



Adults & children
ages 4 & older



No known drug
interactions



Pranarôm ORGANIC CASTOR OIL

\$4.29

2 fl oz | Save \$2.70

Wellness · On Sale 1/28 - 2/24



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



Tom's of Maine TOOTHPASTE

Peppermint · Cinnamon
Fennel · Sensitive

\$6.29

4 oz | Save \$3.70



LOCALLY MADE

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.

GO-OUT

Get back to life.

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.



OUR Commitment TO QUALITY

- FDA Registered Facility
- Gluten-Free and Non-GMO
- cGMP Certified Facility
- UL and Oregon Tilth Certified

Manufactured and packaged locally in Mt. Angel, Oregon!

[†] 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.



NMN + NR
with Resveratrol and TMG
\$39.99
60 vcap | Save \$10



BONES + K2
with Aquamin multi-mineral complex
\$19.99
60 vcap | Save \$6



INFLAMEZE ULTRA
Curcumin C3 complex
\$28.99
50 vcap | Save \$7

