

**LifeSource**  
natural foods

**EAT WELL  
BE HAPPY**

ORGANIC  
ATAULFO MANGOES



**\$2.99/EA**



RECIPE  
INSIDE

ORGANIC  
GOLD NUGGET  
MANDARINS



**\$2.69/LB**



ORGANIC  
BEEFSTEAK TOMATOES



**\$2.99/LB**



**FERMENTATION  
CELEBRATION**

FREE SAMPLES • FLASH SALES ALL DAY



Organic Produce • On Sale 2/18 - 2/24

# CHILI MANGO PASTA SALAD



Serves 4

## Dressing

- 1 cup ripe mango, peeled and chopped
- 3 Tbsp olive oil
- 3 Tbsp apple cider vinegar
- 1 lime, zest and juice
- 1 tsp honey or agave syrup
- 1 tsp chili powder
- ½ tsp smoked paprika
- Salt and pepper, to taste

## Salad

- ½ lb farfalle, cooked to al dente (about 4 minutes), and drained
- 4 Persian cucumbers, chopped
- 1 cup cherry tomatoes, quartered
- ½ red onion, thinly sliced
- ½ cup fresh cilantro, chopped

1. Using an immersion blender or regular blender, blend together all dressing ingredients until smooth.
2. Toss together all remaining ingredients with the dressing. Taste and adjust seasonings if desired. Refrigerate at least 2 hours before serving to allow the flavors to get to know each other.

ORGANIC  
BRUSSELS SPROUTS

\$4.99/LB



ORGANIC  
BELL PEPPERS

Red • Yellow • Orange

\$4.29/LB



ORGANIC  
ASPARAGUS

\$6.99/LB



Organic Produce • On Sale 2/18 - 2/24

**ORGANIC  
TDE TRIPLE CROSS  
MANDARINS**

**\$3.29/LB**



**ORGANIC  
ARTICHOKES**

**\$4.99/EA**



**ORGANIC  
FUZZY KIWIS**

**\$4.99/LB**



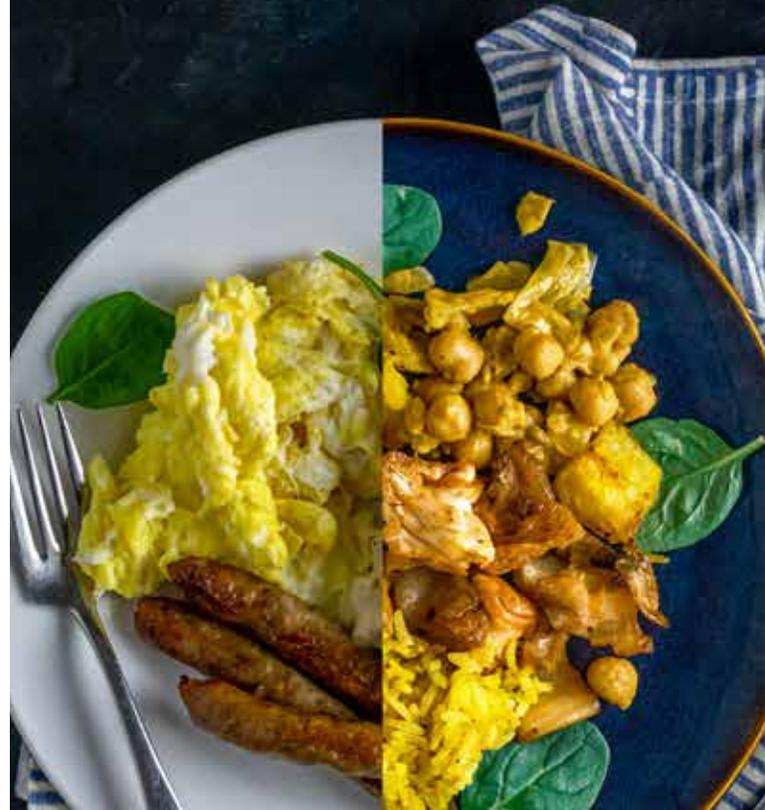
# LIFESOURCE KITCHEN HOURS

**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



## San-J COOKING SAUCES

Mongolian • Szechuan Orange • Sweet & Tangy Teriyaki • Thai Peanut

**\$2.99**

10 fl oz | Save \$2.50



## Kevin's Natural Foods PALEO SIMMER SAUCES

Your Choice

**\$2.79**

7 oz | Save \$1.70



## Montebello ORGANIC PASTA

Your Choice

**\$3.49**

16 oz | Save \$2.50



## Strong Roots FROZEN ENTRÉES

Creamy Mac • Green Curry Orzo Bake

**\$3.49**

10 oz | Save \$3



## BULK ORGANIC LEGUMES FROM HUMMINGBIRD

Hummingbird Wholesale is a Eugene-based, employee-owned food producer and distributor. Hummingbird works with regional farmers dedicated to organic practices, helping to continue making growing food locally, organically, and at human scale a viable reality.

Our Organic Pinto Beans come from two dedicated sources in Idaho. A portion is grown by Fred and Cooper Brossy, a father-son team practicing regenerative agriculture on their 304-acre farm. They are expert seed growers and have served as essential stewards of our spelt seed stock. The remainder of our supply comes from Joslin Farms, a significant organic operation spanning 2,740 acres that specializes in high-quality dry beans. Both growers utilize alfalfa hay as a cornerstone of their organic crop rotations to maintain soil health.



Humminbird ORGANIC PINTO BEANS **\$2.29/LB**  
Save 70¢/lb



## Hummingbird ORGANIC BLACK BEANS

**\$2.49/LB**  
Save 80¢/lb



Grown in Idaho's Magic Valley, our Black Beans are the result of a decades-long partnership between Mike Heath and Alvaro Peralta. Mike is a long-time pioneer in the organic movement—even featured in Michael Pollan's *The Botany of Desire*—and Alvaro has worked alongside him for over 20 years. Their diverse 347-acre organic farm integrates alfalfa hay and beef cattle into a holistic rotation and fertility program, producing some of the highest-quality beans we have ever seen.

# BULK DEPARTMENT DEALS

**ORGANIC FLAX SEED  
PROTEIN POWDER**

**\$6.99/LB**

Save \$2/lb



Equal Exchange  
**ORGANIC FAIR TRADE  
REGULAR COFFEE**

Your Choice

**\$12.99/LB**

Save \$2/lb



**ORGANIC  
SPINACH  
MACARONI**

**\$5.29/LB**

Save \$1.50/lb



Tierra Farm  
**ORGANIC PISTACHIO  
MULBERRY GRANOLA**

**\$8.99/LB**

Save \$2.50/lb



Hummingbird  
**LOCAL BEE  
POLLEN**

**\$39.99/LB**

Save \$10/lb



ONLY \$2.50/oz

Hummingbird  
**ORGANIC  
SMALL RED BEANS**

**\$2.99/LB**

Save 80¢/lb



Hummingbird  
**ORGANIC  
GARBANZO BEANS**

**\$3.19/LB**

Save 80¢/lb



Hummingbird  
**ORGANIC  
MUNG BEANS**

**\$3.49/LB**

Save \$1/lb



Hummingbird  
**ORGANIC GREAT  
NORTHERN BEANS**

**\$2.99/LB**

Save 80¢/lb



Hummingbird  
**ORGANIC KIDNEY BEANS**

**\$3.49/LB**

Save \$1/lb



Hummingbird  
**ORGANIC  
BLACK LENTILS**

**\$4.49/LB**

Save \$1/lb



Over 1000 items on SALE! • 2/11 - 2/24

# CHORIZO MAC & CHEESE



Serves 4

- 16 oz short pasta (we used conchiglie)
- 16 oz ground chorizo
- 1 large onion, chopped
- 2 Tbsp butter
- 3 Tbsp unbleached white flour
- 1 tsp smoked paprika
- ½ tsp onion powder
- ½ tsp garlic powder
- ½ tsp cayenne (optional)
- ½ tsp black pepper
- 1 cup heavy cream
- 1 cup whole milk or half & half
- ¼ cup cream cheese
- 6 oz provolone, shredded
- 6 oz sharp cheddar, shredded

1. Cook pasta according to package directions to al dente (about 9 minutes). Drain and set aside.
2. In a large heavy bottomed pot, cook chorizo over medium high heat until almost done. About 6 minutes. Add onion and cook until onion is tender and chorizo is done, about 8 minutes. Remove from the pot and set aside. Drain excessive grease.
3. In a small bowl, whisk together flour, paprika, onion powder, garlic powder, cayenne, and black pepper.
4. Melt butter in a saucepan over medium heat. Stir in flour and spice mixture, cooking and stirring for about 4 minutes. Whisk in cream and milk, stirring until smooth. Whisk in cream cheese until smooth, then add shredded cheese in little handfuls until smooth and creamy.
5. Stir in pasta and cooked chorizo. Serve hot.



Late July  
**TORTILLA CHIPS**

Your Choice

**2 FOR \$7**

10 oz | Save \$1.99



Truff

**TRUFFLE INFUSED  
HOT SAUCE**

Original • Habanero  
Jalapeño Lime

**\$9.99**

6 oz | Save \$7



Nancy's

**ORGANIC  
sour cream**

**\$3.99**

16 oz | Save \$2



Rumiano

**ORGANIC  
CHEESE BARS**

Your Choice

**\$4.99**

8 oz | Save \$3



Nuts for Cheese

**ORGANIC  
DAIRY-FREE CHEESE**

Your Choice

**\$5.99**

4.2 oz | Save \$4



Against the Grain

**PIZZA POPPERS**

Cheese • Sausage  
Pepperoni

**\$4.29**

6 oz | Save \$2.20



Compostic  
**COMPOSTABLE  
KITCHEN BAGS**

13 gallon

**\$2.99**

12 ct | Save \$3



Olipop  
**SODA**

Your Choice  
Mix & Match

**3 FOR \$5**

12 fl oz | Save \$1.33/ea



Ecos  
**LAUNDRY  
DETERGENT SHEETS**

Lavender • Free & Clear

**\$10.99**

50 ct | Save \$6



Eternal Water  
**ALKALINE  
SPRING WATER**

**2 FOR \$5**

84.5 fl oz | Save \$1.49/ea



Strong Roots  
**HASHBROWNS  
& FRIES**

Your Choice

**\$4.99**

13.22-15 oz | Save \$3.50



Creminelli

**SNACK PACKS**

Sopressata • Prosciutto

**\$2.99**

2 oz | Save \$2



**GIMME**



**ROASTED ORGANIC  
SEAWEED SNACKS**

6-pack

**\$4.29**

1.05 oz | Save \$3.20



Over 1000 items on SALE! • 2/11 - 2/24



### Simple Mills **SANDWICH COOKIES**

Creamy Peanut Butter  
Cocoa & Cashew Butter

# \$3.99

6.7 oz | **Save \$3.50**



### GoMacro **MACROBARS**

Your Choice

# \$1.79

2-2.4 oz | **Save \$1.70**



### Simple Mills **SWEET THINS & CRUNCHY COOKIES**

# 2 FOR \$7

4.25-5.7 oz | **Save \$2.49**



### Kind **NUT BARS**

Your Choice

# 2 FOR \$3

1.4 oz | **Save 99¢/ea**

# NUMI

ORGANIC TEAS

# \$4.49

12-18 bag | **Save \$3.50**



### Nature's Bakery **FIG BARS**

Strawberry • Blueberry  
Raspberry • Apple

# \$3.99

12 oz | **Save \$3**



### Nature's Bakery **GLUTEN FREE RASPBERRY FIG BARS**

# \$4.49

12 oz | **Save \$3.50**



### Hail Merry **CUPS**

Meyer Lemon  
Chocolate Almond Butter

# \$2.79

1.5-1.76 oz | **Save \$2**

# WINE SPECIALS



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**



McBeth Vineyards  
**TULIPAN  
PINOT NOIR ROSÉ**  
Willamette Valley, Oregon

**\$13.99**

750 ml | **Save \$6**



La Perlina  
**MOSCATO**  
Veneto, Italy

**\$10.99**

750 ml | **Save \$2**



Van Duzer  
**PINOT NOIR ROSÉ**  
Willamette Valley, Oregon

**\$16.99**

750 ml | **Save \$3**



Lovo  
**BLOSSOM ROSSO**  
Veneto, Italy

**\$15.99**

750 ml | **Save \$3**



Grower's Guild  
**NORTHWEST WINES**  
Willamette Valley Pinot Noir  
Red Blend • Cabernet Sauvignon  
Columbia & Willamette Valleys

**\$14.99**

750 ml | **Save \$3**

Over 1000 items on SALE! • 2/11 - 2/24



Coombs  
**ORGANIC  
MAPLE SYRUP**

Grade A Amber

**\$10.99**

12 fl oz | Save \$6



Green Valley  
**ORGANIC  
LACTOSE FREE  
YOGURT**

**\$4.49**

24 oz | Save \$2.50

# I AND LOVE AND YOU



**DOG FOOD STEWS**

Beef Booyah • Venison  
Cluckin Good • Lambarama  
Gobble It Up

**\$2.99**

13 oz | Save \$1.80



R.W. Knudsen  
**VERY VEGGIE  
& TOMATO JUICES**

**\$3.79**

32 fl oz | Save \$2



R.W. Knudsen  
**MEGA ANTIOXIDANT  
& MORNING BLEND  
JUICES**

**\$3.99**

32 fl oz | Save \$2



Happy Egg  
**FREE RANGE  
BROWN EGGS**

**\$4.99**

1 doz | Save \$3.50



Ripple Foods  
**DAIRY FREE  
HALF & HALF**

Original

**\$4.49**

25.4 fl oz | Save \$2.50

Over 1000 items on SALE! • 2/11 - 2/24



# 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.\***

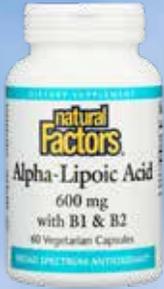
HEART HEALTHY  
— CHOICE\* —

† 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**

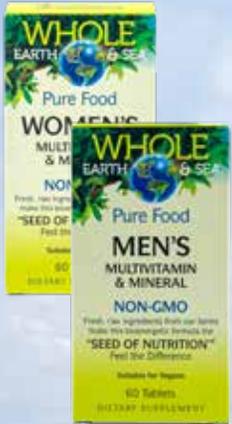


**TOTAL BODY COLLAGEN**

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**



Microjoy  
**FUNCTIONAL MUSHROOM GUMMIES**

Hibernate • Motivate  
Elevate • Concentrate

**\$27.99**

30 pc | **Save \$7**

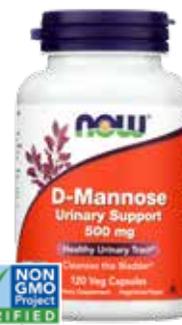


NOW  
**NAC**

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

**NEW!**



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

**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

# 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.

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.



YOUR  
*Friendly*  
OREGON VITAMIN  
COMPANY

**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!