

Marlene's[™]
— NATURAL FOODS & DELI —

SOUND OUTLOOK

July 2025



You're kind of a big deal... so enjoy some big deals!
Extra-special savings await throughout the store.

July 21-26

**Organic • Plant-Based • Gluten-Free • Non-GMO • Dairy-Free • Vegan • Locally Sourced
Sustainable • Fair Trade • Ethical Sourcing • Fresh • Eco-Friendly • Whole Ingredients**

Events & Education

RESET, RESTORE, REVIVE: THE POWER OF SILVER & COPPER



with Robert Scott Bell, D.A. Hom.
for Sovereign Silver and Sovereign Copper

Thursday, July 17 at 6 pm PDT | 3 pm HST, Online

Join renowned homeopathic practitioner and author Robert Scott Bell for an in-depth look at how bioactive silver and copper hydrosols can support your immune system, a healthy inflammation response and accelerated regeneration to reverse degeneration. With over 25 years of experience, Dr. Bell is a leading voice in natural medicine and hosts the popular Robert Scott Bell Show, where he discusses holistic health solutions. This class will explore how Sovereign Silver and Sovereign Copper can aid in recovery and resilience, offering insights into their roles in overall wellness. The power to heal is yours! disease, asthma, autoimmune issues, and more—plus practical strategies to calm it with diet, lifestyle, and herbs. Come with questions!

REGISTER @ [MARLENES.COM/CLASSES!](https://marlenes.com/classes) ➔



Cool it!

Cool down this summer with our house-made smoothies! Try the TropiKale Thunder, it is packed with pineapple, mango, spinach, and coconut water. Or go nostalgic with PB&J, a blend of strawberries, blueberries, and rich peanutty flavor. Both are refreshing, nutrient-packed options made to energize your day and beat the heat.



2 JUNE

Omega-3s How much is enough?

This is one of the first questions people interested in omega-3s usually ask, and also one of the most difficult to answer. Because there isn't a universal consensus on EPA and DHA dosage, a recommended daily amount for omega-3s has not been established the way it has for nutrients like vitamin C or calcium. Health experts typically suggest daily intakes based on a person's stage of life, health status, nutritional profile, and what the research shows. But one thing is true for everyone: omega-3s are foundational to cellular health, and thus fundamental to optimal health across the lifespan.*

Infants, Children & Adolescents

Omega-3 recommendations for infants and children vary by age and weight, but the vast majority of children do not get enough omega-3s because they do not eat enough cold-water fish. Nursing also affects babies' omega-3 status, as nursing delivers much of mom's omega-3s to her child. In early childhood, DHA is particularly important because the brain relies heavily on DHA for growth and development.* From about age four through adolescence, most children benefit from a higher ratio of EPA to DHA for general health.*

Adults & Seniors

Adults need a minimum of 500 mg EPA+DHA daily for optimal health.* However, more than this amount (sometimes much more) is recommended for specific health concerns. The American Heart Association (AHA) recommends that individuals consume 1000 mg to 4000 mg omega-3 EPA+DHA daily, depending on their state of health. For people with high triglycerides they recommend 2000–4000 mg. No adjustments to intake are indicated for seniors. It's worth noting that the U.S. FDA set a "Generally Regarded as Safe" level of 3000 mg per day for omega-3s.

During Pregnancy

As a baby develops it relies on these essential fats to grow, so it's crucial that expecting moms consume consistent amounts. The need for omega-3s is greatest during the third trimester, when a baby's rapid brain growth depletes maternal stores of omega-3 DHA.

* 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.



Save on Nordic Naturals in July!

MARLENE'S SOUND OUTLOOK

4 oz.

\$25⁴⁹



Additional items on SALE!

Wild Carrot Immortelle Eye Balm, 0.5 oz. \$22.99

Sport Plant-Based
Protein Chocolate
840 g

\$41⁹⁹



Additional items on SALE!

Grass Fed Whey Protein Vanilla, 660 g. **\$41.99**

Assorted Sizes and Varieties



20% off

16 oz.

\$35⁹⁹



**Additional
items on
SALE!**

Fresh Cold Pressed Flax Oil, 8 oz. \$10.99

Ultimate Omega Lemon
120 ct.

\$40⁴⁹



Ultimate Omega Lemon, 180 ct. **\$56.99**




SYMPHONY NATURAL HEALTH
Revolution Macalibrium
120 ct.



What Is Now Even Better

- ✓ USDA Certified Organic
- ✓ Smaller shelf footprint
- ✓ New logo
- ✓ New 18 month Men's Support Program
- ✓ New hard shell to reduce crushing

What Hasn't Changed

- ✓ Same formula
- ✓ Same 750 mg in each capsule
- ✓ Same 120 capsules in each box
- ✓ Same blister cards to maintain quality
- ✓ Same price
- ✓ Same   



Symphon

\$31⁹⁹

HAIL MERRY

Meyer Lemon Tart

3 oz.



\$5³⁹



TRU FRU

Raspberries in White and Milk Chocolate

8 oz.



\$6⁶⁹

CASCADIAN FARM

Frozen Cherries

32 oz.



\$13⁷⁹



ACTUAL VEGGIES

Black Bean Veggie Burger

12oz.



\$6¹⁹



SCHAR

Gluten-Free Hot Dog Rolls

8 oz.



\$5⁴⁹

TARI

Creamy Ají Amarillo Pepper Hot Sauce

11.8 oz.

\$4⁹⁹



LETS DO ORGANIC

Heavy Coconut Cream

13.5 oz.



\$3⁹⁹



PRIMAL KITCHEN

Mayo with Avocado Oil

12 oz.



\$8⁸⁹



SANTA CRUZ

Organic Apple Sauce

4 oz. 6 pk.

\$3⁹⁹



ITHACA

Classic Hummus

10 oz.



\$3⁹⁹



BROWN COW

Cream Top Whole Milk Yogurt

5.3 oz.



\$1¹⁹



WILDBRINE

Korean Kimchi

18 oz.



\$5⁹⁹



MAMMA CHIA

Organic
Chia Seeds

12 oz..



\$5⁹⁹



BUBBIES

Sauerkraut

25 oz.



\$6⁹⁹

ORGANIC

VALLEY

Sliced Baby
Swiss Cheese

6 oz.



\$4⁸⁹



SO GOOD SO YOU

Immunity Shot

1.7 oz.



\$2⁹⁹



WOODSTOCK

Banana Water

16.9 oz.

\$1⁹⁹



EQUAL EXCHANGE

Breakfast Blend
Ground Coffee

12 oz.

\$10⁹⁹



C2O

Coconut
Water

17.5 oz.



\$2⁹⁹



ROAR

BEVERAGES

Cucumber Watermelon
Complete Hydration
Beverage

18 oz.

\$1⁹⁹



NIXIE

Black Cherry
Lime Sparkling
Water

12 oz. 8 pack



\$4⁹⁹



BUBBIES HAWAIIAN

Green Tea Mochi

7.5 oz.

\$5⁴⁹

Super-premium
matcha green
tea ice cream
wrapped in
sweet mochi!



GUAYAKI

Enlighten Mint Tea

15.5 oz.

\$2⁹⁹

A delicate mix of peppermint and a touch of honey create a delicious blend.

Reach energy enlightenment with the naturally caffeinated leaves of the yerba mate plant.



LAKEWOOD

Organic Beet Juice

32 oz.

\$5⁹⁹

Beet juice supports nitric oxide production, helping improve blood flow, stamina, and heart health.



ESSENTIA

Purified Water

1 L

\$2⁸⁹



BOULDER CANYON

Avocado Oil Canyon Cut Potato Chips Sea Salt

5.25 oz.



\$3⁴⁹

TALENTI

Caramel Cookie Crunch Gelato pint

\$5⁴⁹

Talenti Gelato is crafted with real, simple ingredients for rich, creamy flavor in every spoonful. A decadent frozen treat.



MARYS GONE CRACKERS

Garlic Rosemary Real Thin Crackers

5 oz



\$3⁵⁹



HEALTH-ADE KOMBUCHA

Ginger Lemon Kombucha

16 oz.

\$2⁹⁹



FIVE STAR FOODIES

Original Artichoke Burger

7.5 oz.

\$4⁹⁹



UNIQUE PRETZELS

Original Splits
Pretzels

11 oz.



\$3⁹⁹

LILYS SWEETS

Sea Salt Dark
Chocolate
Bar

2.8 oz.



\$3⁸⁹

RENEW

Organic Tart
Cherry Juice

32 oz.



\$7⁹⁹

LOVE CORN

Sea Salt
Crunchy Corn

4 oz.



\$3³⁹

ANNIE'S

Organic
Macaroni & Cheese

6 oz.



\$2⁹⁹

VITA COCO

Coconut Water

33.8 oz.



\$4⁴⁹

Raspberry Coconut Popsicles

These creamy, fruity treats are dairy-free, naturally sweetened, and perfect for hot summer days.

- 1 can (13.5 oz) Lassen's Coconut Milk (full fat for creaminess)
- 2–3 Tbl maple syrup (adjust to taste)
- 1 tsp vanilla extract
- 1 cup fresh raspberries (plus extra for garnish)
- Pinch sea salt (optional)

In a blender, combine coconut milk, maple syrup, vanilla, and sea salt. Blend until smooth. Lightly mash the raspberries with a fork to release some juice but keep texture. Stir raspberries into the coconut mixture. Pour mixture into popsicle molds, dropping in a few extra whole raspberries for visual appeal. Insert sticks and freeze for at least 4–6 hours, or until solid.

To release, run molds under warm water for a few seconds and gently pull out. Yields about 6 popsicles



Marlene's™

— NATURAL FOODS & DELI —

FEDERAL WAY

2565 S. Gateway Center Place
253.839.0933

Monday – Saturday 8 am – 8 pm
Sunday Closed

Deli Hours

Monday – Saturday 8 am – 8 pm
Sunday Closed

Grab and go options available until closing.

TACOMA

2951 S. 38th Street
253.472.4080

Monday – Saturday 8 am – 8 pm
Sunday Closed

Deli Hours

Monday – Saturday 8 am – 8 pm
Sunday Closed

Grab and go options available until closing.



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COMMUNITY PLUS

LOYALTY PROGRAM

Get rewarded for shopping with us!

- Exclusive promotions
- Hassle-free receiptless returns
- 10% off non-promo supplements and body care for seniors
- Earn 1% credit toward future purchases • & more!



Scan to sign up today!

BODYWORK SCHEDULE

Vitamin Shots with Physician Coach yourphysiciancoach.com

Tacoma Tuesday, 10 am – 2 pm
Federal Way Wednesday, 11 am – 3 pm

When you arrive, text "HERE" to 401.217.9902. You will be notified when it is your turn. No appointment is necessary during designated times. Save time by completing the Pre-Waiver online ahead of time.

Seated Massage with Erica Seter

Federal Way

Tuesday, 11 am – 2 pm | Thursday, 2 pm – 6 pm
Friday, 1 pm – 6 pm | Saturday, 1 pm – 6 pm

No-Cook Wins for Busy Days

- Build-your-own salads from our fully stocked salad bar
- House-made deli entrées and sandwiches—ready when you are
- Chilled smoothies and cold-pressed juices for instant refreshment
- Boost hydration with sea moss gels or electrolyte packets
- Fresh fruit and overnight oats for light, cooling meals
- Sparkling waters and herbal iced teas to sip and chill

