

Marlene's™

— NATURAL FOODS & DELI —

SOUND OUTLOOK

September 2025



Mycrobio™ Complete
Probiotic Ultimate Potency, 60 ct.

\$38.49

Also on sale: Mycrobio™
Complete Probiotic
Women's, 30 ct. **\$31.49**

Prebiotics feed probiotics.

Probiotics increase your good
gut bacteria.

Postbiotics are the beneficial
compounds probiotics create
that support healthy digestion
and immunity.

Autumn Wellness Starts at Marlene's
Find What You Need for the Season Ahead

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

Maple-Glazed Organic Root Veggies with Rosemary

This cozy side dish brings out the natural sweetness of organic carrots, parsnips, and beets, beautifully balanced with Lassens Organic Maple Syrup and Lassens Organic Olive Oil. Fresh rosemary adds an earthy, aromatic note that makes every bite feel like fall. For variety, try adding other favorite veggies like organic onions or organic potatoes – the glaze works beautifully across the board. Serve warm from the oven for a simple, nourishing, and colorful dish that pairs well with almost any meal.

- 2 organic carrots, peeled and cut into thick sticks
- 2 organic parsnips, peeled and cut into thick sticks
- 2 organic beets, peeled and cut into wedges
- 2 Tbl Lassens Organic Olive Oil
- 2 Tbl Lassens Organic Maple Syrup
- 1 tsp fresh rosemary, chopped (or ½ tsp dried)
- Sea salt and freshly ground black pepper, to taste

Preheat oven to 400°F. Line a baking sheet with parchment paper.

In a large bowl, toss carrots, parsnips, and beets with olive oil, maple syrup, rosemary, salt, and pepper until evenly coated.

Spread vegetables in a single layer on the baking sheet. Roast 30–35 minutes, stirring halfway through, until tender and lightly golden.

Transfer to a platter and garnish with a sprinkle of rosemary or flaky sea salt, if desired.

Serving Tip: Delicious alongside roasted chicken, wild salmon, or a hearty grain bowl. For a vegetarian main, layer over quinoa and top with toasted walnuts.



September Wellness Talks



HEALTHY AND THRIVING KIDS WITH HOLISTIC CARE



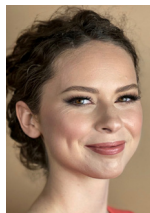
with Ryan Bland, DC

Tuesday, September 9 at 6 pm PST 3 pm HST

Join us for a powerful discussion on children's health from a holistic perspective. Dr. Ryan Bland will explore

how natural, integrative care can support kids with chronic conditions, behavioral concerns, immune challenges, digestive issues, developmental delays, and more. You'll gain practical insights into how nutrition, nervous system support, and energy-based therapies can shift your child's health trajectory - even when standard care hasn't worked.

BREAK FREE OF BINGE EATING, EMOTIONAL EATING, AND OVEREATING



with Michelle Kester Ho, NTP, Holistic Wellness Coach

Tuesday, September 16 at 6 pm PDT 3 pm HST Online

Break free from patterns of binge eating, overeating, emotional eating, and inconsistent nutrition habits with Michelle Kester Ho, Nutritional Therapy Practitioner and Binge Eating Recovery Coach. Learn practical strategies to regulate blood sugar, understand your body's needs, and build a balanced, healthy relationship with food—without restrictive dieting.

EVERYDAY REFLEXOLOGY: SIMPLE STEPS FOR DAILY RELIEF



with Linda Frank, Board Certified Reflexologist

Wednesday, September 17 at 6 pm PDT 3 pm HST Online

Linda will introduce you to do-it-yourself reflexology techniques and share trusted resources so you can continue learning and practicing on your own. Offered in anticipation of World Reflexology Week, this class highlights simple ways to support balance, ease tension, and enhance everyday wellness.

GET A HEAD START ON IMMUNE HEALTH



with Dr. Lexi Loch, Educator for EuroPharma

Tuesday, September 23 at 6 pm PDT 3 pm HST Online

Join Dr. Lexi Loch to learn why September is the perfect month to kick off your wellness plan. You'll explore how to support your body's immune function all year long, discover which Terry Naturally products can help maintain a healthy immune response and optimal health, and pick up practical lifestyle and nutrition tips to support your well-being no matter the season.

THRIVE IN MENOPAUSE: SUPPORT FOR COMFORT, ENERGY, AND VITALITY



with Laurel Sterling, MA, RD, CDN, International Educator for Carlson

Tuesday, September 30 at 6 pm PDT 3 pm HST Online

Menopause is a natural transition, but it doesn't have to mean discomfort. Join Laurel Sterling, MA, RD, CDN, International Educator for Carlson, for an encouraging discussion on how nutrition can make this stage of life more comfortable. Discover how omega-3-rich fish oil and other key Carlson supplements can ease symptoms, support mood, and promote energy, bone strength, and heart health, helping you feel your best at every stage.

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



MARLENE'S SOUND OUTLOOK

GARDEN OF LIFE

Dr. Formulated
Probiotics Once
Daily Women's
30 ct.

\$31⁹⁹

Also on sale:
Organics Whole Food Gummies
Women's Multi, 120 ct. **\$26.49**



**Additional
items on
SALE!**

HOST DEFENSE

Organic Lion's Mane
Memory & Nerve
Support Capsules
60 ct.

\$25⁴⁹



**Additional
items on
SALE!**

OM ORGANIC MUSHROOMS

Organic Lion's Mane
Gummies Strawberry
60 ct.

\$23⁹⁹

Also on sale:
Master Blend
Mushroom Gummies Berry, 56 ct. **\$24.49**



**Additional
items on
SALE!**

PRIMAL KITCHEN

Collagen
Fuel Vanilla
Coconut
13.05 oz.

\$32⁹⁹

Also on sale:
Collagen Fuel
Chocolate Coconut, 13.89 oz. **\$32.99**



SOLGAR

One Daily
Men's Multi
60 ct.

\$21⁴⁹

Also on sale:
Full Spectrum Curcumin, 60 ct. **\$44.99**



**Additional
items on
SALE!**

WILEY'S FINEST FISH OIL

Easy Swallow Minis
60 ct.

\$17⁹⁹

Also on sale:
Peak EPA, 60 ct. **\$43.49**



**Additional
items on
SALE!**

DR. OHHIRA'S

Original Formula
Probiotics
30 ct.

\$28⁹⁹



NORDIC NATURALS

Algae Omega
60 ct.

\$22⁹⁹

Also on sale:
Algae Omega, 120 ct. **\$39.49**



HERBATINT

4n Chestnut
Permanent
Haircolor Gel
5.75 oz.

\$16⁹⁹



PRANAROM

Organic
Lavender
Essential Oil
5 ml

\$8⁹⁹

Also on sale:
Organic Muscle & Joint Roller, 2.5 oz. **\$8.99**



**Additional
items on
SALE!**

AUOMERE

Mint Herbal Tooth
4.16 oz.

\$6⁹⁹



**Additional
items on
SALE!**

HUMBLE

Moroccan Rose
Deodorant
2.5 oz.

\$7¹⁹

Also on sale:
Palo Santo & Frankincense Deodorant, 2.5 oz. **\$7.19**



**Additional
items on
SALE!**

YERBA PRIMA

Whole
Psyllium
Husks

12 oz.

Additional
items on
SALE!

\$14⁹⁹



FLORA

Iron with B-Vitamin
Complex, 7.7 oz.

\$16⁴⁹

Also on sale:
Organic
Organic Red Beet
Crystals, 2.5 oz. **\$23.99**



PACHAMAMA COFFEE FARMERS

Organic Coffee
Cantagallo

10 oz.

\$10⁸⁹



Located in the northern mountains of Nicaragua, in the community of San Jeronimo, are the coffee producers of the Héroes y Mártires de Cantagallo Cooperative. Founded in 1983, the cooperative has been producing high quality coffee for 36 years and it is our privilege to deliver to you the product of 116 small scale farmers.

MOUNT HAGEN

Organic Instant
Coffee

3.53 oz.

\$8⁹⁹



RISHI TEA

Matcha Super
Green Tea

15 ct

\$7⁹⁹



Waterloo

Cherry Sparkling
Water

12 oz.

12 Pack

\$4⁴⁹



UNITED SODAS OF AMERICA

Young Mango Soda

12 oz.

\$1⁸⁹



Guayakí

Bluephoria
Energy Drink

15.5 oz.

\$2⁹⁹



VISTA

HERMOSA

Flour Tortillas

12 oz.

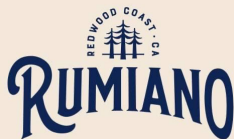
\$4⁹⁹



RUMIANO

Sharp Cheddar

8 oz.



Rumiano Organic Sharp Cheddar brings bold, nine-month-aged flavor in an 8 oz. package using 20% less plastic. Crafted from organic pasture-raised milk on California's Redwood Coast, it's rich, robust, and irresistibly good.

\$4⁹⁹

ANNIE'S HOMEGROWN

Macaroni & Cheese

6 oz.



\$2⁹⁹

GT'S LIVING FOODS

Gingerade Kombucha

16 oz.



\$2⁸⁹

CALIFIA FARMS

Organic Unsweetened Almond Milk

48 oz.



\$5⁹⁹

UNMEAT

Meat Free Luncheon Meat

11.6 oz.



\$3²⁹

ITHACA

Lemon Dill Hummus

10 oz.



\$4¹⁹

DR. BRONNER'S

Sal Suds

1 qt.



\$10⁹⁹

ST. DALFOUR

Strawberry Conserve

10 oz.



Bursting with velvety, classic strawberry flavor, this all-natural spread is gently cooked using a traditional French recipe and sweetened only with grape and date concentrates—no cane sugar, artificial colors, or artificial flavors. The richly textured spread pairs beautifully with shortbread, cream cheese, or even champagne.

\$3⁹⁹

NANCY'SO

Organic Grass Fed Whole Milk Yogurt

24 oz.



\$4⁹⁹

BIONATURAE

Tomato Paste
7 oz.



\$1⁹⁹

COOMBS

Grade A Maple Syrup
12 oz.



\$11⁸⁹

Lakewood

Organic Pure
Pineapple Juice
32 oz.



\$7⁹⁹

MUIR GLEN

Diced Tomatoes
14.5 oz.



\$1⁹⁹

CASCADIAN FARM

Frozen Cherries
32 oz.



\$13⁷⁹

WILD PLANET

Sardines
In Water
4.4 oz.



\$2⁴⁹

BRIANNAS

Asiago Caesar
12 oz.



\$3⁴⁹

TARI

Rocoto Hot Sauce
11.8 oz.



\$4⁹⁹

TODO

VERDE
Al Pastor Taco
Seasoning
0.6 oz.



\$2⁷⁹

COSTA D'ORO

Oil Olive
Natural Riserva
500 ml



\$10⁸⁹

LA TOURANGELLE

Extra Virgin Olive Oil
750 ml



\$19⁹⁹

MADHAVA

Organic
Extra Virgin
Olive Oil
33.8 oz.



\$22⁹⁹

PRIMAL KITCHEN

Mayo-Avocado Oil

12 oz.

\$8⁸⁹



TONNINO

Yellowfin Tuna
in Olive Oil

6.7 oz.

\$6⁸⁹



4505 MEATS

Chicharrones
Sea Salt

3 oz.

\$3⁶⁹



CHOCOLOVE

Raspberry Dark
Chocolate Bar

3.1 oz.

\$3⁴⁹



THE NEW PRIMAL

Original Jerky Stick

1 oz.

\$1⁷⁹

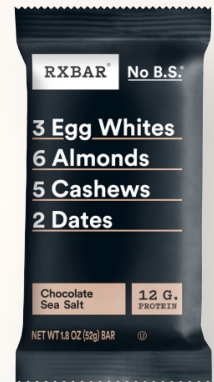


RXBAR

Chocolate
Sea Salt Bar

1.83 oz.

\$2¹⁹

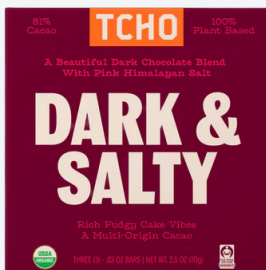


TCHO CHOCOLATE

Dark and Salty
Chocolate Bar

2.1 oz.

\$3⁸⁹



UNREAL

Chocolate Dark
Coconut Bar
Bag

4.2 oz.

\$4⁹⁹



RIP VAN WAFELS

Cookies & Cream
Cookie Sandwich

6.77 oz.

\$6⁶⁹



CASCADIAN FARM

Cinnamon
Crunch Cereal

9.2 oz.

\$3⁹⁹



VAN LEEUWEN

Honeycomb
Ice Cream

14 oz.

\$5⁹⁹



BUBBIES HAWAII

Strawberry
Mochi

7.5 oz.

\$5⁶⁹



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

Great Food & Great Farms

OGC and Marlene's – partners in supporting our local community!

Ladybug Brand® is part of Organically Grown Company (OGC), one of the Northwest's leading distributors of organic produce and a trusted Marlene's partner. Grown with care by family farmers near and far, Ladybug produce brings you certified organic quality, fresh flavor, and sustainable practices you can count on. Each purchase also supports nonprofits working to strengthen organic farming and healthier food systems. Good food from good farmers for a healthier planet.

