

Lassens
Organic Yellow
Corn Tortilla
Chips
Buy One, Get One

50%
off

August 1st to 31st



LASSENS

NATURAL FOODS & VITAMINS

**August
2026**

SUPPLEMENTS, HEALTH & BEAUTY



DR. BRONNER'S. SANDALWOOD JASMINE PURE-CASTILE MAGIC SOAP

Enchanting & Unique

Infused with the rich, sweet aromas of sandalwood and jasmine, our Sandalwood Jasmine Pure-Castile Liquid Soap is designed to invigorate the senses and provide a luxurious cleaning experience. Crafted with certified fair trade ingredients and enriched with organic U.S.-grown hemp seed oil, this liquid soap created a silky lather that leaves your skin feeling soft and refreshed.



Sandalwood
Jasmine
Bar Soap, 5 oz. **\$4⁴⁹**



Sandalwood
Jasmine Soap
32 oz.

\$17⁴⁹



GARDEN OF LIFE

Sport Creatine
+Probiotics
Unflavored
348 g.



\$28⁴⁹

Also on sale:
Unflavored Collagen With Hyaluronic Acid
270 g. **\$22.49**

LASSENS

100% Organic Spirulina
500 mg
100 ct.



\$10⁴⁹

Also on sale:
Grass-Fed & Pasture Raised Unflavored
Collagen Peptides, 14.1 oz. **\$21.49**

SUN WARRIOR

Active Creatine Powder
Unflavored
300 g.



\$23⁹⁹

Also on sale:
Protein Warrior Blend Vanilla, 750 g.
\$42.49



SUPPLEMENTS, HEALTH & BEAUTY

✓ Potent antioxidant to support immune health*



✓ Formulated for enhanced bioavailability

✓ Delicious citrus vanilla flavor that can be taken orally or in your favorite drink

DR. MERCOLA®

TAKE CONTROL OF YOUR HEALTH® WITH PREMIUM PRODUCTS YOU CAN TRUST.

Highest Quality Standards

All Dr. Mercola products are formulated to meet stringent criteria for transparency and purity. Using innovative processes and advanced technologies to enhance nutrients and optimize benefits.

➔ Liquid Liposomal Vitamin C
Citrus Vanilla
15.2 oz.
\$19.99

Liposomal Vitamin D3
5000 IU, 30 ct.
\$16.99 ➔

✓ Powerful antioxidant that provides support for your body's systems*



✓ Formulated for enhanced bioavailability

✓ Packed in tightly sealed capsules for long-lasting protection & freshness

GURUNANDA

Stainless Steel Tongue Scrapers
With Travel Case
2 ct.



\$5⁴⁹

Also on sale:
Premium Whitening Strips With Coconut Oil
14 ct. **\$9.99**

WILEY'S FINEST FISH OIL

Wild Alaskan Fish Oil
Omega-3
Easy Swallow Minis
60 ct.



\$14⁹⁹



Also on sale:
Omega-3 With K2 & D3, 60 ct.
\$32.99

MARY RUTH'S

Liquid Morning
Multivitamin
+Hair Growth
Peach Mango
30 oz.



\$53⁹⁹

balaveda

Totally Turmeric Immunity Shot

This is your "I need a reset" shot.

Totally Turmeric is your zesty turmeric-ginger shot that helps you feel lighter after meals, less heavy in your body, and more back to normal, fast. It helps you stay steadier through travel, stress, and seasonal shifts, with turmeric, ginger, and astragalus delivering digestion and immune support, antioxidant backup, and everyday inflammation balance.

A zesty ginger-turmeric shot for digestion, detox and immune support.



Clarity



Digestion



Immunity

Immunity Shot
2 oz.

\$1⁹⁹



Original Salmon Sausages

Sausages from the sea - who knew? Juicy, clean, and smoked just right for that perfect bite. Grill 'em, sear 'em, sauce 'em.

Salmon Sausages
12 oz.

\$7¹⁹



A DOZEN COUSINS

Rice Cooked in Bone Broth
Classic
8 oz.



\$2⁹⁹

ACE BAKERY

Sourdough Bistro
21 oz.



\$3⁶⁹

ALOHA

Peanut Butter Cup Bar
1.98 oz.



\$2⁴⁹



ANNIE'S HOMEGROWN

Cheddar Bunnies
Crackers
7.5 oz.



\$3⁹⁹



ANNIE'S HOMEGROWN

Shells & Cheddar
6 oz.



\$1⁴⁹

ATORIA'S FAMILY

Pita Bread
Traditional
12 oz.



\$3⁴⁹

BARNEY BUTTER

Almond Butter
Smooth
10 oz.



\$6⁹⁹

BEAN STALK BRANDS

Plant Based Meatballs
Smooth
10 oz.



BOGO
BUY ONE GET ONE FREE



BIOTIC FERMENTS

Fermented Soda
Root Beer
12 oz.



\$2⁴⁹



*c/v

BIZZY COFFEE

Cold Brew Coffee
Medium Roast
48 oz.



\$6⁹⁹

BONDUELLE

Lunch Bowl
Southwest Fusion
7.8 oz.



\$4³⁹



CALIFIA FARMS

Almond Milk
Unsweetened
48 oz.



\$3⁹⁹

CALIFORNIA OLIVE RANCH

Extra Virgin Olive Oil
25.4 oz.



\$25⁹⁹

CASCADIAN FARM

Cinnamon Crunch
Cereal
9.2 oz.



\$3⁸⁹



The best ginger beer around starts with fresh ingredients, cold-pressed in small batches. Artfully crafted and perfectly balanced, we've created a beverage that's... Pure Magic™

Every ingredient is chosen with intention. Nothing fake, nothing artificial. We use real, fresh ingredients like ginger and lemon, celebrated for their natural digestive benefits and refreshing flavor.

REAL & FRESH,
Always



Ginger Beer
Lemon Double Ginger
12 oz. **\$3⁴⁹** +CTV



Honolulu Cookie
COMPANY®

Chocolate Chip Macadamia Mini Bites

Our Chocolate Chip Macadamia confections are a delicious take on the classic chocolate chip cookie with our signature shortbread taste. A hint of chocolate can go a long way in satisfying your sweet tooth!



Chocolate Chip
Macadamia Cookies
4 oz. **\$5⁸⁹**

CATALINA CRUNCH

Protein Cereal
Chocolate Peanut Butter
9 oz.



\$6⁹⁹

CHICAS

Corn Tortilla Chips
11 oz.



\$3⁹⁹

CHOMPS

Beef Sticks
Original
8 Pack



\$14⁸⁹

CLIO

Yogurt Bar
Vanilla
1.48 oz.



\$1²⁹

CRAIZE

Sweet Corn
Crisps
4 oz.



\$4³⁹

CRISPY GREEN

Crispy Mango
4 Pack
2.54 oz.



\$8⁵⁹

DREAM

Ricemilk
Original
32 oz.



\$3⁴⁹

ENVIROKIDZ

Choco Chimps
Cereal
10 oz.



\$4²⁹

EQUAL EXCHANGE

Ground Coffee
Breakfast Blend
12 oz.



\$14⁸⁹

FENTIMANS

Curiosity Cola
9.3 oz.



\$1⁸⁹ +CTV

GROUNDWORK

Organic Coffee
Bitches Brew
12 oz.



\$14¹⁹

HEAVENLY HUNKS

Oatmeal Bites
Chocolate Chip
6 oz.



\$4⁴⁹

HIPPEAS

Chickpea Puffs
White Cheddar
4 oz.



\$3⁵⁹

HOUSE FOODS

Extra Firm Tofu
12 oz.



\$2³⁹



KOALA ECO®

Koala Eco is a purpose-led family business creating plant-based cleaning, home, and body care products in the USA with Australian essential oils. Our certified non-toxic, vegan, cruelty-free formulas are free from synthetic fragrances, dyes, SLS, BPA, PFAS, and phosphates, and come in 100% recycled and recyclable bottles.

Designed to perform, our products pair powerful plant-based ingredients with aromatherapeutic essential oils that elevate everyday routines. Inspired by ecopsychology, we support initiatives that connect people with nature, including our Oceanic Scholars Program, and are certified plastic-neutral through Repurpose Global and proud members of 1% for the Planet.

More Nature. Feel Better.

Dish Soap
Lemon Myrtle
& Mandarin
16.9 oz.
\$8⁸⁹



Lemonati™ LEMONADE

SPARKLING ORIGINAL LEMONADE

Made with our orchard-grown, naturally sweet lemons, Lemonati™ Sparkling Original Lemonade requires less sugar, resulting in fewer calories. It is delightfully carbonated for a refreshing, full flavor.

Sparkling Original Lemonade
12 oz.
\$1⁸⁹ +CRV

ICELANDIC PROVISIONS

Peach & Cloudberry Yogurt Skyr
5.3 oz.

\$1⁹⁹

JUST ABOUT FOODS

Peanut Butter Creamy
16 oz.

\$6⁴⁹

LA CROIX

Sparkling Water Pure
12 oz.

\$3⁹⁹ +CRV

LARK ELLEN FARM

Granola Bites Vanilla Cinnamon
8 oz.

\$6⁷⁹

LUCINI

Extra Virgin Olive Oil
16.9 oz.

\$19⁴⁹

LUCKY

Spring Rolls Thai Style
8 oz.

\$5⁷⁹

MUSH

Overnight Oats Dark Chocolate
5 oz.

\$1⁹⁹

MY MOCHI

Mochi Strawberry
9.1 oz.

\$4⁶⁹

NATTY

Ice Cream Madagascar Vanilla Bean
14 oz.

\$6⁴⁹

NICK'S STICKS

Beef Sticks Grass Fed
1.7 oz.

\$2⁹⁹

NOKA

Superfood Smoothies Super Berry
16.9 oz.

\$7⁸⁹

NOOSA

Lemon Yogurt
8 oz.

\$2⁴⁹

OATS OVERNIGHT

Shake Chocolate Peanut Butter
2.2 oz.

\$2⁶⁹

NuttZo®

Elevate your almond or peanut butter to 7 nuts and seeds! Enjoy this delicious blend that's made without peanuts. Add to smoothies for a protein punch, drizzle on your favorite pancakes or desserts, spread on fruit, crackers and veggies, or enjoy by the spoonful—however you like, snack on! Made with organic and non-gmo ingredients. NO added sugar or oils.

7 nut & Seed Butter
Power Fuel Crunchy
12 oz. **\$9⁹⁹**



What's inside

Cashews
Almonds
Brazil Nuts
Flax Seeds
Chia Seeds
Hazelnuts
Pumpkin Seeds
Sea Salt



SAMMONTANA
Gelato
Pistachio
17.58 oz.

\$6⁹⁹

PISTACCHIO

Rich, velvety gelato made with Sicilian pistachio paste and pieces, topped with toasted crushed pistachios.

One bite, and you're in Italy—warm breezes, blue skies, and pure pistachio bliss. A rich, nutty flavor that lingers from the first scoop to the very last bite.

Smiles guaranteed.



ORGAIN

Protein Shake
30 g.
Vanilla
11 oz.

\$2⁷⁹



PERFECT FOODS

Protein Bar
Dark Chocolate
Peanut Butter
2.3 oz.

\$2⁴⁹



PUR GUM

Aspartame Free Gum
Peppermint
2.72 oz.

\$3⁸⁹



REBEL GREEN

Laundry Detergent
Unscented
68 oz.

\$14⁹⁹



SAMBAZON

Acai Smoothie
Original
4 Pack, 14 oz.

\$5⁹⁹



SAN J

Tamari
20 oz.

\$6⁹⁹



SCHAR

White Bread
Artisan Baker
14 oz.

\$6⁸⁹



SEVENTH GENERATION

Laundry Detergent
Free & Clear
90 oz.

\$14⁸⁹



SIMPLY SO

Basmati Rice
2 Pack
20 oz.

\$3⁹⁹



SWEET LOREN'S

Breakfast Biscuits
Cinnamon Sugar
8 oz.

\$5⁹⁹



THREE TREES

Almond Milk
Unsweetened Vanilla
28 oz.

\$6¹⁹



TRUBAR

Protein Bar
Peanut Butter
& Jelly
1.76 oz.

\$1⁷⁹



TRULY INDIAN

Chutney
Sweet Mango
10.58 oz.

\$5⁴⁹



Recipe



Classic Guacamole

Creamy avocados, bright lime, crisp onion, and fresh cilantro come together in this classic guacamole. It's a quick, crowd-pleasing dip that's perfect for parties, taco night, or adding fresh flavor to your favorite meals.

INGREDIENTS

- 3 ripe avocados
- 1 medium lime, juiced
- ¼ cup diced red onion
- 1 small tomato, diced
- 2 tablespoons chopped fresh cilantro
- 1 small jalapeño, seeded and finely minced (optional)
- ½ teaspoon salt
- ¼ teaspoon freshly ground black pepper

INSTRUCTIONS

1. Cut the avocados in half, remove the pits, and scoop the flesh into a medium bowl.
2. Add the lime juice and gently mash with a fork until your desired consistency is reached—smooth or slightly chunky.
3. Stir in the onion, tomato, cilantro, jalapeño (if using), salt and pepper.
4. Taste and adjust the seasoning with additional lime juice or salt as needed.
5. Serve immediately.



Wellness Talks ONLINE | FREE

August 2026



ANCIENT HEALING REMEDIES BACKED BY MODERN SCIENCE

with Joni Siegel, President & Founder, Puremedy
Tuesday, August 4 at 6pm PT | 3pm HST
Discover the healing secrets behind Puremedy's 160-year-old family formula. Joni Siegel, President and Founder, shows how tree resins, barks, and wild-harvested botanicals ease wounds, burns, and skin irritation, backed by real science and real results. Walk away with practical remedies you can trust and stories that prove nature still works.



FOLLOW YOUR GUT WITH BLUME

with Cicely Huinink, M.Sc. Human Health and Nutritional Sciences, Blume's Product Development + QA Manager
Thursday, August 6 at 6pm PT | 3pm HST
Join Cicely Huinink, Blume's Product Development + QA Manager, for a science-backed look at gut health. Learn how SuperBelly's BC30 probiotics, inulin fiber, and apple cider vinegar support digestion, ease bloating, and boost energy, plus simple daily habits to keep your microbiome thriving. Walk away with real tools for feeling your best from the inside out.



TOFU 101

with Minh Tsai, Founder, Hodo
Tuesday, August 11 at 6pm PT | 3pm HST
Minh Tsai, founder and tofu master at Hodo, walks through the history, art, and science of tofu, along with creative ways to bring it into everyday cooking. He'll also highlight the range of Hodo tofu on Lassen's shelves, from classic Extra Firm and Miso Tofu to bolder, ready-to-cook options like Lightly Fried Chili Crisp, Golden Turmeric, and Gochujang Tofu, plus global-inspired picks like Japanese Teriyaki, Thai Red Curry, Moroccan Tofu Cubes, and Thai Curry Nuggets.



SKIN IN RHYTHM: CULTIVATING RADIANCE THROUGH DAILY CARE

with Jaime Olander, Master Esthetician and Educator, Dr. Hauschka Skin Care
Thursday, August 13 at 6pm PT | 3pm HST
Healthy skin thrives when supported, not disrupted. Join Dr. Hauschka Skin Care – the pioneer of natural skin care for over 50 years – to explore how skin is impacted by lifestyle and environment. Learn a simple yet transformative daily skincare ritual using biodynamic and organic botanicals to nurture resilience, balance, and glow—plus enjoy expert guidance, application tips and a live Q&A.



MELATONIN, MORE THAN JUST SLEEP

with Lisa Shank, CFNC, RH(c), Symphony Natural Health
Tuesday, August 18 at 6pm PT | 3pm HST
Most know melatonin as a hormone, but it is so much more. Researchers are beginning to

refer to it as a multi-tasking molecule. Much like Vitamin D was once thought to be only a hormone, we now understand that melatonin has immune modulating, neuroprotective, bone building, antioxidant, anti-inflammatory, and mitochondrial regulating properties, among others. Join us as we explore the science behind how melatonin can support your sleep and health in a myriad of ways, and how the first plant melatonin outperforms the rest.



CLEAN INGREDIENTS, VISIBLE RESULTS WITH ZATIK NATURALS

with Ovsanna Mkrtumyan, Zatik Naturals
Thursday, August 20 at 6pm PT | 3pm HST
Meet Ovsanna from Zatik Naturals for a look at USDA-certified

organic formulas built to perform. Learn how bioactive ingredients like black seed oil and CO2-extracted botanicals strengthen hair, nourish skin, and support the body from the inside out, no synthetic fillers, no compromise. Discover which of Zatik's top supplements fits your wellness routine.



FIBER, SCIENCE, AND THE FUTURE OF MILK WITH OATLY

with Cara Harbstreet, MS RD LD, Director of Nutrition for Oatly
Tuesday, August 25 at 6pm PT | 3pm HST
Join Cara Harbstreet, Oatly's Director of Nutrition, for a

look inside the world's original oat drink company. She'll cover 30+ years of oat science, why fiber and plant-based nutrition matter for your health, and how Oatly's approach to sustainable, better-for-you dairy alternatives is shaping the future of what's in your glass.

Markeno's
NATURAL FOODS & DELI

LASSENS
NATURAL FOODS & VITAMINS

Papaya's
NATURAL FOODS & VITAMINS

SCAN TO REGISTER



LASSENS
NATURAL FOODS & VITAMINS
CLOSED ON SUNDAYS

LOS FELIZ (LA)
323-660-0052
2080 Hillhurst Ave.
Los Angeles CA, 90027

BAKERSFIELD
661-324-6990
4308 California Ave
Bakersfield CA, 93309

OXNARD
805-486-8266
3471 Saviers Rd
Oxnard CA, 93033

MIRACLE MILE (LA)
323-648-7980
710 South La Brea Ave
Los Angeles CA, 90036

SANTA BARBARA
805-683-7696
5154 Hollister
Goleta CA, 93111

SAN LUIS OBISPO
805-250-2805
896 East Foothill Blvd
San Luis Obispo CA 93405

VENTURA
805-644-6990
4071 East Main Street
Ventura CA 93003

ECHO PARK
213-542-6535
1631 W Sunset Blvd
Los Angeles CA, 90026

LANCASTER
661-945-0773
44264 10th St W,
Lancaster, CA 93534

SIMI VALLEY
805-522-6990
2955 Cochran St
Simi Valley CA, 93065

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LOCATIONS FEATURING DELI AND JUICE BAR