

tea as it should be.

—— organic. 0 grams of sugar. 0 calories. ——



LASSENS
NATURAL FOODS & VITAMINS

September
2026

LASSENS SUPPLEMENTS, HEALTH & BEAUTY

SOLGAR

Vitamin C
Gummies
1,000 mg.
Orange
60 ct.

ADDITIONAL
ITEMS
ON SALE!

\$18⁹⁹



Also on sale:

One Daily Men's Multi, 60 ct. **\$21.99**

ANCIENT NUTRITION

Multi Collagen
Protein
454.5 g.

ADDITIONAL
ITEMS
ON SALE!

\$37⁴⁹



Also on sale:

Extra Strength SBO Probiotics 50 Billion CFU, 60 ct. **\$41.99**

BIOSIL

Advanced
Collagen Generator
Liquid
1 oz.

ADDITIONAL
ITEMS
ON SALE!

\$31⁹⁹



Also on sale:

Herharmony Beauty Blend, 5.9 oz. **\$41.49**

JUST THRIVE

Probiotic & Antioxidant
30 ct.

ADDITIONAL
ITEMS
ON SALE!

\$39⁹⁹



Also on sale:

Prebiotic Capsules, 120 ct. **\$39.99**

LIFE SEASONS

Anxie-T
Stress Support
60 ct.

ADDITIONAL
ITEMS
ON SALE!

\$27⁴⁹



Also on sale:

Visibili-T Eye Health Complex, 60 ct. **\$31.49**

GARDEN OF LIFE

Organic
Grass Fed
Whey Protein
Vanilla
378 g.

ADDITIONAL
ITEMS
ON SALE!

\$29⁹⁹



Also on sale:

Organics Women's Once Daily Whole Food Multivitamin, 60 ct. **\$39.99**

LASSENS SUPPLEMENTS, HEALTH & BEAUTY

PLUS CBD BY CV SCIENCES

Sleep Gummies
Raspberry
30 ct.

ADDITIONAL
ITEMS
ON SALE!

\$26⁹⁹



Also on sale:

Calm Gummies Strawberry Lemonade, 30 ct. **\$26.99**

PRIMAL KITCHEN

Collagen Peptide Mix
Vanilla Coconut
14.4 oz.

\$35⁹⁹



Also on sale:

Chocolate Coconut Collagen Peptide Mix, 15 oz. **\$35.99**

VIBRANT HEALTH

Green Vibrance
11.85 oz.

ADDITIONAL
ITEMS
ON SALE!

\$46⁴⁹



Also on sale:

Joint Vibrance, 13.7 oz. **\$51.49**

SOLARAY

Magnesium Glycinate
350 mg.
120 ct.

ADDITIONAL
ITEMS
ON SALE!

\$15⁹⁹



Also on sale:

Vitamin D3 + K2, 60 ct. **\$15.99**

TOM'S OF MAINE

Whiten+Deep Clean
Fluoride Toothpaste
Peppermint
4 oz.

\$6⁴⁹



Also on sale:

Deodorant Stick Clean Coast, 3.25 oz. **\$8.99**

LASSENS

Sambucus
Elderberry Syrup
4 oz.

\$12⁴⁹



Also on sale:

Echinacea Angustifolia Root, 90 ct. **\$12.49**

LASSENS SUPPLEMENTS, HEALTH & BEAUTY



NATURTINT®
Leading the way in eco-friendly hair care

Transform your look with Naturtint's 5N Light Chestnut Brown, a rich shade that delivers salon-quality results from the comfort of home. Infused with nature's best ingredients, this permanent hair color provides stunning, long-lasting color while nourishing your hair.

Our pioneering formula is up to 90% naturally derived, giving you vibrant, healthy-looking color without harsh chemicals. Free from ammonia, parabens, and heavy metals, Naturtint is kind to your scalp and gentle on your hair, ensuring a more natural, vibrant result every time. Achieve up to 100% gray coverage with our advanced, cruelty-free and vegan-friendly solution that leaves hair softer, shinier, and full of life.

5N Light Chestnut Brown or
3N Dark Chestnut Brown Permanent Hair Color Gel
5.75 oz.

\$15⁴⁹

USDA CERTIFIED BIOBASED PRODUCT
PRODUCT 79%

ADDITIONAL ITEMS ON SALE!

ATTITUDE

Nourishing Shampoo With Grape Seed Oil & Olive Leaves
16 oz.

ADDITIONAL
ITEMS
ON SALE!

\$10⁹⁹



FLORA

Super 8
Hi-Potency Probiotic
60 ct.

ADDITIONAL
ITEMS
ON SALE!

\$39⁹⁹



HOST DEFENSE

Grateful Dead Gummies
Cosmic Focus
90 ct.

ADDITIONAL
ITEMS
ON SALE!

\$27⁹⁹



YERBA PRIMA

Psyllium
Whole Husks
12 oz.



ADDITIONAL
ITEMS
ON SALE!

\$14⁴⁹



GREAT GROCERIES



Aonic

Aonic Fuel

With 32g of lactose-free protein and a complete amino acid profile, this shake delivers high-quality protein plus 5 g. of fiber to support satiety and digestive wellness. With just 5 calories per gram of protein, it's made with real cocoa or vanilla and natural flavors for a delicious, satisfying shake.

Protein Shake Rich Chocolate, 11 oz.

\$3⁶⁹ *CFV



PACHAMAMA
COFFEE FARMERS

CLASSIC ESPRESSO ORGANIC COFFEE

Savor a bold roast espresso with notes of spice, chocolate and plum. This traditional espresso blend is crafted with single-origin coffees from small farms in Ethiopia, México and Nicaragua. Arabica whole bean coffee.

COMPLEX, PLUM, CHOCOLATE

Organic Whole Bean Coffee Espresso, 10 oz.

\$13⁴⁹

COUNTRY CRAVERS Dog Treats Pork Sausage Bites 6.17 oz.  \$5³⁹	AGRO Savory Original Power Sticks Multipack 6 oz.  \$9⁹⁹	AKRRUSH Instant Bone Broth Savory Chicken 4 Pack 2.84 oz.  \$6⁹⁹	ALLERGY SMART Chocolate Chip Cookies 4.95 oz.  \$4⁴⁹	ARROWHEAD MILLS Red Lentils 16 oz.  \$4⁹⁹
B.T.R. NATION Protein Bar Peanut Butter Crunch 1.83 oz.  \$2³⁹	BIANCO DINAPOLI Crushed Tomatoes 28 oz.  \$4⁴⁹	BIONATURAE Tomato Paste 7 oz.  \$2⁴⁹	BONE BREWHOUSE Chicken Bone Broth Lemon Ginger 2.82 oz.  \$6⁴⁹	BRAMI BEANS Lupini Sea Salt 5.3 oz.  \$3⁷⁹
CULTURE POP Probiotic Soda Watermelon 12 oz.  \$1⁷⁹ *CFV	ETERNAL Naturally Alkaline Spring Water 1 Liter  \$1⁷⁹ *CFV	GOODIE GIRL Sandwich Cookies Chocolate Creme 10.6 oz.  \$4⁹⁹	HOBOKEN FARMS Vodka Sauce 25 oz.  \$6⁹⁹	JAVA TRADING Sprouted Whole Bean Coffee Smooth Sailing 10 oz.  \$16⁷⁹

JEREMIAH'S PICK

Ground Coffee
Breakfast Blend
10 oz.



\$12²⁹



LAKEWOOD

Digestive Support Juice
Golden Glow
32 oz.



\$10⁹⁹ +CRV



MAMMA CHIA

Black Chia Seeds
12 oz.



\$5⁹⁹



MUIR GLEN

Pasta Sauce
Classic Marinara
23.5 oz.



\$3⁷⁹



ORGANIC EXTRA FIRM TOFU

Hodo Organic Extra Firm Tofu is a high-protein, artisan plant-based protein known for its dense, creamy texture and deeply satisfying bite. Crafted in California using ultra-rich, organic soymilk, this is tofu at its most craveable with no shortcuts and just really good food made well.



ORGANIC



GLUTEN-FREE



PLANT-BASED



Organic
Extra Firm Tofu
10 oz. **\$3⁹⁹**

QUANTUM ENERGY SQUARE

Dark Chocolate Pink Himalayan Salt
Energy Bar
1.69 oz.

\$1⁸⁹



PACIFIC RESOURCES INT.

Manuka Honey
1.1 lb.

\$24⁹⁹



PORTLAND

Ketchup
14 oz.



\$5²⁹



PRIMAL KITCHEN

Mayo Made With
Avocado Oil
24 oz.



\$15⁶⁹



NATURAL HEAVEN

Hearts of Palm
Spaghetti
9 oz.



\$3⁶⁹



SAINT JAMES

Green Tea
Passion Fruit & Peach
16 oz.



\$2²⁹ +CRV



SOMOS

Mexican
Black Beans
10 oz.



\$2⁴⁹



SPECTRUM NATURALS

Distilled White
Vinegar
32 oz.



\$7⁸⁹



TATE'S BAKE SHOP

Chocolate Chip
Cookies
7 oz.

\$4⁹⁹



TEDDY'S TALLOW CHIPS

Potato Chips
Himalayan Salt
5 oz.

\$5⁶⁹



JUNI

Sparkling Tea
Peach
12 oz.



\$1⁹⁹ +CRV



S. PELLEGRINO

Sparkling Natural
Mineral Water
25.3 oz.

\$2⁴⁹



WATERLOO

Sparkling Water
Lemon Lime, 12 oz.
12 Pack

\$7⁹⁹ +CRV



BUDDY'S PIZZA

Pepperoni Pizza
31.5 oz.

\$12⁹⁹



CALIFIA FARMS

Soymilk
Unsweetened
48 oz.



\$5⁸⁹



DUMPLING DAUGHTER

Dumplings
Chicken & Cabbage
9.5 oz.



\$6⁷⁹

EVERGREEN

Peanut Butter Banana Bread
Mini Waffles
9 oz.



\$5¹⁹

EVOLUTION FRESH

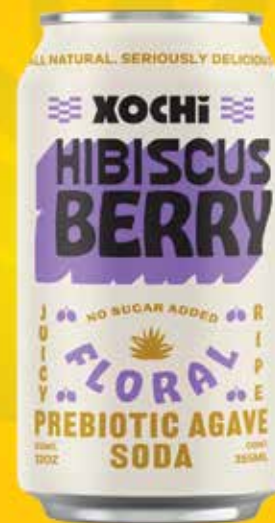
Watermelon Juice
15.2 oz.



\$3⁹⁹

*CFV

XOCHI HIBISCUS BERRY



Bold, authentic flavor with none of the guilt. Xochi bridges the gap between wellness and indulgence, proving you can have it all. Made with 100% natural ingredients, Xochi delivers a vibrant taste without the artificial flavors or chemical aftertastes found in other 'healthy' sodas.

It's juicy & ripe. Sun-ripened berries kissed with the delicate aroma of floral hibiscus. Crisp, juicy, and refreshing.

**BRINGING PEOPLE TOGETHER.
ONE BOLD SIP AT A TIME.**

9+ grams of fiber

All natural

Prebiotic Agave Soda
Hibiscus Berry, 12 oz.

\$1⁹⁹

*CFV

FOOD FOR LIFE

Ezekiel 4:9
Sesame Bread
24 oz.



\$5³⁹

GTS LIVING

Alive
Root Beer
16 oz.



\$2⁹⁹

*CFV

LILY'S TOASTER GRILLS

Chicken
& Four Cheese
Quesadilla
6.3 oz.



\$3⁹⁹

NANCY'S

Probiotic Yogurt
Plain
32 oz.



\$4⁷⁹

NATTY

Protein Dessert
Madagascar
Vanilla Bean
14 oz.



\$6⁴⁹

ORGANIC VALLEY

Heavy Whipping Cream
16 oz.



\$5⁸⁹

SAMMONTANA

Gelato
Chocolate
17.58 oz.



\$6⁹⁹

ST. PIERRE

Brioche Pretzel Rolls
14.1 oz.



\$5⁹⁹

TATTOOED CHEF

Cottage Cheese Crust Pizza
Four Cheese
11.25 oz.



\$8²⁹

TEZZA

Soymilk Yogurt
Blueberry
5.3 oz.



\$2²⁹

WILDBRINE

Kimchi
Korean Style
18 oz.



\$6⁴⁹

GROUNDWORK COFFEE

Nitro Cold Brew
12 oz.



\$4⁷⁹

*CFV

YAZA FOODS

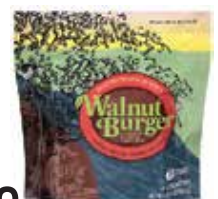
Labneh
Za'atar & Olive Oil
12 oz.



\$5³⁹

WALNUT BURGER

Walnut Burger Patties
12.8 oz.



\$8⁸⁹

Recipe



Vegan Banana Bread

A moist, easy, one-bowl vegan banana bread made with ripe bananas, simple pantry ingredients, and no eggs or dairy. Great for breakfast or a snack.

INGREDIENTS

- 1 3/4 cups spelt flour
 - 1/3 cup cane sugar
 - 1 tsp baking powder
 - 1 tsp baking soda
 - Pinch of salt
 - 1/3 cup neutral oil, melted coconut oil, or applesauce
 - 1 tsp vanilla extract
 - 3 large very ripe bananas, mashed
 - 1/4 cup almond milk, only if the batter is too thick
- Optional:**
2/3 cup walnuts, 1/2 cup chocolate chips, 1 tsp cinnamon

INSTRUCTIONS

1. Heat oven to 350°F and grease a loaf pan.
2. Mash the bananas in a large bowl and mix in the oil (or applesauce) and vanilla.
3. Add flour, sugar, baking powder, baking soda, and salt. Stir just until combined—don't overmix.
4. If the batter is very thick, add the almond milk a little at a time.
5. Pour into the loaf pan and bake for 50–60 minutes, until a toothpick inserted in the center comes out clean.
6. Let cool for about 10 minutes, then slice and serve.



Wellness Talks ONLINE | FREE

September 2026



SCIENCE-BACKED SUPPORT FOR MENTAL WELLNESS

with Marc Mallette, Key Account Manager and Educator, Jarrow Formulas

Tuesday, September 8 at 6pm PT | 3pm HST

This class explores science-backed supplements that support mental wellness. Learn how popular ingredients influence mood and cognition as we examine Jarrow Formulas' MagMind, the role of probiotics in mental well-being, and additional evidence-based options. Gain clarity, confidence, and practical insight into choosing supplements that align with your mental health goals.



PREVENT FATIGUE: RESET ENERGY, IMMUNITY, AND STRESS RHYTHM

with Dr. Evelyn Le Ellis, ND, MPH, FAIHM, Prolific Well

Thursday, September 10 at 6pm PT | 3pm HST

As summer transitions into fall and back-to-school schedules begin, many people notice shifts in energy, sleep, and stress levels. Changes in daylight, routine, and increased demands can influence cortisol rhythm, immune readiness, and metabolic stability.

In this session, Dr. Evelyn Le Ellis will discuss practical ways to support energy consistency, resilience, and immune health early in the season, so the transition into fall feels more stable and manageable.



TAKE PET HEALTH TO THE POWER OF OMEGA-3S

with Nicole Gitlin, H.H.P., CNC, CCMH, CCMA, CMT, Nordic Naturals

Tuesday, September 15 at 6pm PT | 3pm HST

Just like humans, dogs and cats need omega-3s. Many commercial pet foods lack sufficient amounts, which is why supplementation with omega-3s is vital for lifelong pet health. Providing foundational

support for healthy skin and shiny coat, normal joint function, puppy trainability, cardiovascular function, and more.



LIVER & KIDNEY HEALTH: YOUR BODY'S NATURAL DETOX TEAM

with Mel Mutterspau, Clinical Herbalist & Herbal Educator at Eclectic Herb

Tuesday, September 22 at 6pm PT | 3pm HST

Your liver and kidneys work around the clock to filter and detox the body, and Eclectic Herb has a few of its most popular products built to support exactly that.

Milk Thistle and the Liver/Gallbladder Support formula lend a hand to healthy liver function, while Nettles Leaf offers traditional support for the kidneys and urinary tract. Join us to learn how these herbs work, along with practical tips for weaving them into your daily routine.



PREVENT WEIGHT GAIN & BURNOUT: BALANCE CRAVINGS, MOOD & METABOLISM

with Dr. Evelyn Le Ellis, ND, MPH, FAIHM, Prolific Well

Thursday, September 24 at 6pm PT | 3pm HST

As the year moves toward the holiday season, many people notice increased cravings, busier schedules, and less consistent energy. Stress physiology and blood sugar patterns can strongly influence appetite, mood, and weight regulation during this time. In this session, Dr. Evelyn Le Ellis will share strategies to support metabolism, reduce cravings, and maintain steady energy.



WHEN IS THE BEST TIME TO TAKE PROBIOTICS FOR GUT HEALTH?

with Erika Gilmandinova, Founder, Kefir Lab

Tuesday, September 29 at 6pm PT | 3pm HST

Join Erika Gilmandinova, for a closer look at probiotics: what they

actually do for your gut, and when to take them for the best results. Erika's approach comes from three generations of family science, including a grandmother who studied under Élie Metchnikoff, the scientist credited as the father of probiotics. She'll share her recommendations for choosing the right probiotic supplement, with a look at Kefir Lab's Probiotic Shots and Probiotic Kefir.



A DEEP DIVE INTO GLOBAL HEALING AND EARTH HARMONY SUPPLEMENTS

with Dr. Jonathan Group, RD, DC, Founder & Chairman, Global Healing & Earth Harmony

Thursday, October 1 at 6pm PT | 3pm HST

What does true cellular health actually look like, and which supplements can genuinely move the needle? Dr. Jonathan Group will walk through the Global Healing supplement line in depth, breaking down what each product does and why it works. He will also cover Methylene Blue for mitochondrial energy and brain support, Lugol's Iodine for thyroid health, metabolism, and detox, and Zinc for immune strength and cellular function.

Marlene's
NATURAL FOODS & DELI

LASSENS
NATURAL FOODS & VITAMINS

Papa'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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