



Marlene's[™]

— MARKET & DELI —
shop local, eat organic

SOUND OUTLOOK

August 2024



Savory zucchini • Honoring senior pets
Probiotic heart support • Late summer skin



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Marlene Beadle, founder of Marlene's Market & Deli.

A Letter From Us

“It was August, and the fields were high with corn. In the orchard the last of the peaches clung to their branches and the apples were showing their first pinkish blush. The vegetable garden overflowed with produce: peppers, green beans, zucchini, tomatoes, cucumbers, and squash. All was, in a word, perfection.”

— Melanie Gideon, American author and memoirist

Welcome to summer's home stretch! We hope you have taken advantage of all the incredible things that the Pacific Northwest has to offer this time of year. In addition to fun in the sun, I'm referring to the wonderful produce coming in daily from our local farms, of course! We are overflowing with ripe, juicy stone fruits, colorful vegetables, mouth-watering melons and fragrant herbs. We bring in 100% organically grown produce for you and the highest quality we can find. Whenever possible we support local growers, and by shopping with us, you support them, too.

Autumn is just around the corner, and we encourage you to prepare yourself and your family for cold and flu season before it hits. We have an amazing selection of supplements, herbs and teas to help you through the coming months.

This month, we also focus on the health and wellbeing of our furry companions. Have you ever made your own pet treats? Easier than baking a batch of cookies, these wholesome treats have no more than 4 ingredients. Don't miss our simple, nutritious recipes on page 8.

Wishing you all a beautiful August!

Lisa

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Are squash taking over your garden? Have no fear!

Summer Squash Lasagna Roll Ups

When the your trusty and bountiful zucchinis start taking up a little too much room in the garden, have no fear! Say goodbye to carb overload and hello to a dish that's as refreshing as a dip in the pool. Get ready to roll with our Summer Squash Lasagna Roll-Ups – your taste buds will thank you!

- 3 medium zucchini or summer squash, sliced 1/8-inch lengthwise
- 1 cup marinara sauce, divided
- 1 cup cottage cheese or part-skim ricotta
- ¼ cup mozzarella cheese
- ¼ cup Parmesan cheese
- ¼ cup pesto
- ¼ tsp salt
- 1 egg

Preheat oven to 400 degrees F. Spray a baking dish with cooking spray and spread a thin layer of marinara sauce evenly in the bottom. Set aside.

Spray a grill or indoor grill pan with cooking spray and grill the zucchini slices for about 3 minutes per side, or until soft enough to roll.

Meanwhile, prepare the filling. In a medium bowl, stir together ricotta, mozzarella, Parmesan, pesto, salt, and egg until completely combined.

Spread a heaping tablespoon of filling onto each slice of zucchini, then roll. Place seam-side down in the prepared baking dish.

Place an additional dollop of marinara sauce on top of each roll up.

Bake, uncovered, for about 15 minutes (or until ricotta filling is heated through and set). Garnish with additional Parmesan if desired.



Late Summer Skin and Body Care

Having skin can be a high maintenance responsibility! We're here to help you make the most of a clean, pure and natural approach to supporting, repairing, and maintaining vibrant, healthy skin.

Late summer can be a particularly challenging time for skin. At Marlene's, our body care department has a wide variety of the industry's best products for your skin care needs.

Here are some of our favorites for this time of year:



Pain and Strain

With over 100 years of experience, our friends at Tiger Balm have been successfully addressing a variety of aches and pains, like tension and sinus headaches, arthritic pain, and muscle strain. At Marlene's you can find Tiger Balm Red Extra Strength, Ultra Strength and Pain Relieving Hydrogel Patches. So go ahead and play rough, take that long hike, and squeeze the last days out of an active summer!

Badger Sunscreens and Bug Repellants

The sun isn't done with us yet! Late summer weather can be quite pleasant in the Puget Sound area, and Badger's mineral-based sunscreens can help keep you protected as we transition to the next season. They're also friendly to water creatures, so you can enjoy a few more harm-free dips in our rivers, lakes, sound and ocean before the frost sets in! And for those who didn't quite get to the sunscreen in time, Badger has you covered with Coconut After Sun Balm and Aloe Vera After Sun Gel.



This month can be surprisingly buggy for many. The good folks at Badger want you gathered around the campfire or enjoying your patio barbecue without those pesky mosquitos and ticks making a meal of you and your guests. Not only are Badger Anti-Bug products effective, but they're also certified organic and DEET-free!



Repair and Restore with Melora

Looking for some seriously soothing and healing facial care? Melora may have the right products for you! A New Zealand based skin care line that features a highly medicinal honey from the nectar of the flower of the Mānuka bush (*Leptospermum scoparium*) that is indigenous to New Zealand. It has been used for centuries to repair damaged skin and treat wounds that would otherwise risk infection. Marlene's has you covered with Manuka Honey & Oil Face Wash, Manuka Honey & Oil Moisturizer, and pure Manuka Face Oil for some intense skin support!

Join us online!
MANUKA - THE THERAPEUTIC BENEFITS OF NEW ZEALAND'S SUPER PLANT
 with Terra Chavez, National Sales Manager for Melora
 Thursday, August 22 at 5 pm, ONLINE



Reg'Activ Cardio & Wellness: *Your Path to a Healthy Heart*



What is Reg'Activ Cardio & Wellness?

Reg'Activ Cardio & Wellness is a dietary supplement that features the unique probiotic strain *Lactobacillus fermentum* called ME-3. This strain is renowned for its ability to produce glutathione, a powerful antioxidant that plays a crucial role in maintaining the health of the heart and the entire cardiovascular system. Unlike many other probiotics that primarily support digestive health, Reg'Activ Cardio & Wellness goes a step further by targeting cardiovascular wellness.

Key Benefits of Reg'Activ Cardio & Wellness

1. **May Support Cardiovascular Health:** The primary benefit of Reg'Activ Cardio & Wellness is its support for cardiovascular health. The *Lactobacillus fermentum* ME-3 strain may help to maintain healthy cholesterol levels and supports arterial function, which is vital for a healthy heart.
2. **Powerful Antioxidant Protection:** Glutathione, produced by *Lactobacillus fermentum* ME-3, is known as the "master antioxidant." It helps neutralize free radicals in the body, reducing oxidative stress and preventing damage to cells, including those in the cardiovascular system.
3. **Detoxification Support:** Glutathione also plays a significant role in detoxifying the body. It may aid in the removal of toxins and harmful substances, promoting overall health and wellness.
4. **Immune System Support:** A healthy cardiovascular system is linked to a robust immune system. By supporting heart health, Reg'Activ Cardio & Wellness indirectly boosts immune function, helping you stay healthier and more resilient against illnesses.
5. **Enhanced Energy Levels:** Many users report improved energy levels after taking Reg'Activ Cardio & Wellness. This is likely due to the enhanced antioxidant protection and improved cardiovascular function, which ensures that the body operates more efficiently.

How Does Reg'Activ Cardio & Wellness Work?

Reg'Activ Cardio & Wellness works primarily through the action of its key ingredient, *Lactobacillus fermentum* ME-3. This probiotic strain has been extensively studied for its unique ability to produce glutathione within the body. Here's a closer look at how it works:

Glutathione Production: *Lactobacillus fermentum* ME-3 produces glutathione, which is essential for protecting cells from oxidative stress. Glutathione is involved in regenerating other antioxidants in the body, making it a critical component in maintaining cellular health.

Cholesterol Management: This probiotic strain may help maintain healthy cholesterol levels by modulating the body's lipid metabolism. It may support the balance between LDL (bad) cholesterol and HDL (good) cholesterol, promoting overall heart health.

Arterial Health: By reducing oxidative stress and inflammation, Reg'Activ Cardio & Wellness may support the health and flexibility of arteries. This is crucial for maintaining healthy blood flow and overall cardiovascular wellness.

Detoxification: Glutathione is vital for detoxifying the liver and other organs. It binds to toxins and may help eliminate them from the body, reducing the overall toxic burden and promoting better health.

Why Choose Reg'Activ Cardio & Wellness?

For those seeking to support their cardiovascular health through natural means, Reg'Activ Cardio & Wellness is an excellent choice. Its unique formulation sets it apart from other supplements on the market, offering a multifaceted approach to heart health. Whether you're looking to maintain healthy cholesterol levels, enhance your body's antioxidant defenses, or support your overall wellness, this supplement provides a comprehensive solution.

Reg'Activ Cardio & Wellness is more than just a probiotic. It's a powerful ally in your quest for a healthier heart and a vibrant life. Available at Marlene's Market & Deli, it's an accessible and effective way to support your cardiovascular health naturally.



WHEN IT'S TIME TO SAY GOODBYE: Supporting Your Animals at End of Life

by Lesia Alexander, founder of Heart and Soul with Animals

There's nothing like the love we feel for our beloved senior animal companions. They may have been with us for years, and we have likely shared a lot together. It's hard to see them aging. And it's difficult to know what to do to make sure they have a high quality of life in the time they have left with us.

Once we've brought them into our lives and they've established themselves in our hearts and homes, we know it's a lifelong commitment. Like with our human seniors, animals require additional time, energy and support from us in their last chapters. Knowing some basic signposts and strategies can go a long way.

Living so close with our animals, we may not readily notice aging creep up. Before we know it, we begin to see changes. They sleep more, move more slowly. Their eyes may start to cloud as they begin to lose eyesight. Their hearing might start going and they may even have dementia episodes -yowling or barking incessantly at what seems like nothing. At first, we may be baffled by some of these new behaviors, but then we begin to realize what this means.

We may feel worried and powerless. One way to help with that is to prepare ahead of time. You can do research about aging, breed propensities, individual health issues and quality of life indicators. Make sure to have supports in place for your animal companion; veterinarian, chiropractor, homeopath, acupuncturist, animal communicator, energy healer and a plan for the ins and outs of euthanasia should it come to that.

Sometimes we forget that even if they

begin to deteriorate and lose their capacities, they still love life and want to enjoy it to its fullest. It's up to us to make sure that happens. And it's also up to us to make sure they don't suffer needlessly.

Give your pets the benefit of the doubt that they know how to die. They may advance toward death and retreat again and again. I have worked with countless animals through situations where their guardians and veterinarians thought "They're ready." But given a chance, they rallied and lived more weeks, months, and even years. As your pets' organs and systems deteriorate and shut down, their bodies calibrate to a new normal. When multiple systems go down, it may take the body a while to recalibrate. Give your animal the chance. One way to do this is to let them know the vet will be coming in a couple of days to help them pass. If they rally, you know they're not ready.

As we focus on doing everything we can for our animals as both caregiver and family, it's important to get support for ourselves. Make sure you are not alone as you walk with your animal companion through their last days. Watching someone you love die is one of the hardest things. Yet the greater the grief, the greater the love it reflects, and the greater the love the greater the grief we experience. Facing this takes tremendous courage, and it is ultimately a great gift. It honors our animals and makes us better people.

*Lesia A Alexander
MA, HTACP,
is an Animal
Communicator and
Energy Healer,
author and founder
of Heart and Soul
with Animals.*

Join us in
Tacoma and online!
**ANIMAL
COMMUNICATION -
END OF LIFE CARE**

with Lesia Alexander,
Animal Communicator

Tuesday, August 13
at 5 pm ONLINE
and in TACOMA



August Events & Education

Online class registration available at: marlenesmarket-deli.com/classes.

SUPER SENIOR SUNDAY

Sunday, August 4

10% off all purchases and free 8 oz. carrot juice for those 65 and above!

EAT FOR HEALTHY SKIN: THE GUT-SKIN CONNECTION



with Shizue Haffeman-Udagawa, ND of Federal Way Naturopathy

Tuesday, August 6 at 5 pm ONLINE

Join Naturopathic Physician Shizue Haffeman-Udagawa to discuss the intricate and dynamic

relationship between skin and gastrointestinal health. Discover how gut microbiota, immune responses, and nutrient absorption influence skin conditions like acne and eczema. Learn practical strategies to promote wellness through diet, stress management, and holistic approaches to skincare.

THE OMEGA GLOW: THE SECRET TO HEALTHY, LUMINOUS SKIN



with Julie Hawkes, Barlean's Educator

Thursday, August 8 at 5 pm ONLINE

The secret? It's no secret! Achieve radiant, healthy skin with Barlean's Omega Oils!

Join omega fatty acid specialist, Julie Hawkes to discuss simple and effective ways to level up your skincare routine. Review the exciting science behind these powerful nutrients and learn how Barlean's products can help you achieve healthy, happy, luminous skin.

UNIFORM MONDAY

Monday, August 12

10% off all to all firefighters, police and military!

Beer, Wine & Spirits Tasting Schedule

1 - 3 pm | 21+ with ID

Federal Way

Friday, August 9
Friday, August 23

Tacoma

Friday, August 2
Friday, August 16
Friday, August 30

ROOT TO HEART: REIKI CHAKRA BALANCING



with Francesca Siena, Reiki Master Educator, founder of Artemisia Healing Arts

Saturday, August 10 at 11 am - 12 pm TACOMA

Uplift and regain your free flowing energy and vitality! Join Francesca to nurture your root, solar plexus, and heart chakras. This class will focus on crucial yet often unbalanced body centers, exploring their principles and qualities along with suggestions to keep them functioning optimally. Come ready to learn, try, and implement these easy choices to increase your well-being. For all levels, please pre-register.



UNDERSTANDING YOUR ANIMALS: THE END OF LIFE JOURNEY



with Lesia Alexander, Animal Communicator

Tuesday, August 13 at 5 pm TACOMA/ONLINE

Create a compassionate and understanding end-of-life journey for your beloved pet. Connect with your pet on a deeper level during their final days. Discover techniques to interpret their needs and emotions, ensuring comfort and peace. Gain insights into how to provide the best care, make informed decisions, and honor your pet's wishes. Leave with practical tools to support a loving and respectful transition for your furry friend.



REPLENISH AND HYDRATE WITH TRACE MINERALS



with Darrin Starkey ND, VP of Education and Training for Trace Minerals

Thursday, August 15 at 5 pm, ONLINE

Discover how to stay hydrated and replenish essential electrolytes during hot weather with the help of Trace Minerals products. Darrin Starkey, ND will cover the importance of maintaining electrolyte balance, especially for those who are active in the heat. Learn practical tips for using Trace Minerals to support overall hydration and well-being. Whether you're an athlete or simply looking to stay healthy, this class is for you!

MANUKA - THE THERAPEUTIC BENEFITS OF NEW ZEALAND'S SUPER PLANT



with Terra Chavez, National Sales Manager for Melora

Thursday, August 22 at 5 pm, ONLINE

Join us to learn what makes Manuka the world's original superplant and the science that is rapidly unlocking what makes Manuka the most unique and beneficial honey in the world! Discover "the magic of Manuka" and how to incorporate Melora Manuka Honey and Oil into your daily wellness routine

HEAL YOUR GUT, CHANGE YOUR LIFE



with Jeannea Wood, ND and Heidi Ochsner RD of Tummy Temple

Thursday, August 27 at 7 pm, ONLINE

Struggling with ongoing digestive issues? Managing autoimmune conditions, skin rashes, chronic inflammation or pain? A leaky and inflamed gut can lead to a multitude of pesky health problems. Join Jennea Wood, ND and Heidi Ochsner, RD from Tummy Temple as they discuss clinically proven strategies to rebuild a leaky gut to improve overall health from the inside out.

Nummy Noms for Paw-some Pets!



Portland Pet

Portland Pet treats are 100% sourced and made in the USA. They use repurposed spent grains from local breweries for their line of brew biscuits. Brewed grains are a highly digestible and nourishing ingredient, and there is no alcohol in your dog's treats! All Portland Pet's biscuits are twice-baked to create a light crunchy texture that's easy to chew or break into smaller pieces. Grain and Gluten-Free Dog Treat options also available.

They also offer healthy dog food toppings, including a pork and potato gluten-free dog food topping and a turkey and yams gluten-free dog food topping.

Assorted biscuits on sale in August!



I and Love and You

I and Love and You embraces their unconventional name as a tribute to the deep bond between humans and pets. Committed to delivering pure, essential nutrition, their dog and cat food is crafted in the USA using handpicked, premium ingredients and expert input from holistic veterinarians. They offer a diverse range of products including grain-free options always free from fillers, by-products, and artificial additives. Dedicated to sustainability, they operate with 100% wind power and support shelters nationwide by donating meals. Discover I and Love and You today to experience pet food that's truly exceptional.

Assorted selection on sale in August!



Pulsar

Pulsar dog foods provide high-quality nutrition at an affordable price. They offer grain-free and whole grain options across all life stages, emphasizing rotational diets to minimize digestive issues, and include meat-dense formulas enriched with raw fruits and vegetables. These diets are further enhanced with industry-leading levels of prebiotics and probiotics for optimal gut health. Pulsar features non-GMO, purposeful ingredients that maximize energy absorption and reduce waste.

Salmon and Sweet Potato Cat Treats

Salmon provides essential omega-3 fatty acids, while sweet potatoes offer fiber and vitamins A and C. These treats are great for promoting healthy skin and coat.

- 1 small sweet potato, cooked and mashed
- 1 can **Wild Planet** No Salt Added Pink Salmon, drained and flaked
- 1 egg



Preheat your oven to 350°F. In a bowl, mix the mashed sweet potato, salmon, and egg until well combined. Drop small spoonfuls of the mixture onto a baking sheet lined with parchment paper. Flatten each spoonful slightly with the back of a spoon. Bake for 15-20 minutes or until the treats are firm and slightly golden. Let the treats cool completely before serving.

8 AUGUST

Chicken and Veggie Pupsicles

This recipe is packed with protein from the chicken and vitamins from the carrots and green beans, making it a nutritious and hydrating treat.

- 1 cup **Wild Planet** No Salt Added Roasted Chicken Breast, drained and shredded
- 1/2 cup carrots, finely chopped
- 1/2 cup green beans, finely chopped
- 2 cups **Pacific Foods** Unsalted Chicken Broth

Mix the chicken, carrots, green beans, and chicken broth in a bowl. Pour the mixture into ice cube trays or silicone molds. Freeze for at least 4 hours or until solid.



MARLENE'S SOUND OUTLOOK



**MINERAL FUSION
Natural Cosmetics**
Assorted sizes and varieties

25 % off

In-store prices reflect discount. No additional discount at register.



**GABRIEL
Skin Care & Clean
Kids Naturally**
Assorted sizes and varieties

20 % off

In-store prices reflect discount. No additional discount at register.



**ACURE
Skin Care**
Assorted sizes and varieties

30 % off

In-store prices reflect discount. No additional discount at register.



**COCOKIND
Skin Care**
Assorted sizes and varieties

30 % off

In-store prices reflect discount. No additional discount at register.



**UPCIRCLE
Skin Care**
Assorted sizes and varieties

20 % off

In-store prices reflect discount. No additional discount at register.



**ALAFFIA
Body Care**
Assorted sizes and varieties

Fair Trade!

25 % off

In-store prices reflect discount. No additional discount at register.



**EVERYONE
Body Care**
Assorted sizes and varieties

30 % off

In-store prices reflect discount. No additional discount at register.



**THE HONEY POT
Menstrual Care**
Assorted sizes and varieties

30 % off

In-store prices reflect discount. No additional discount at register.



**DR. BRONNER'S
Pure Castile Soap
& All-One
Toothpaste**

Assorted sizes and varieties

30 % off

In-store prices reflect discount. No additional discount at register.

Also on sale in August!

Peter Lamas	Earth Mama Organics
Moon Valley	Radius
David's	Andalou
Badger	Aura Cacia
The Seaweed Bath Company	Melora



**ANGIE'S
Boom Chicka
Pop Popcorn**

Assorted sizes and varieties

25 % off

In-store prices reflect discount. No additional discount at register.



**VEGAN ROB'S
Plant Based
Snack Puffs**

3.5 oz Assorted varieties
Reg. \$4.59

3²⁹

In-store prices reflect discount. No additional discount at register.



**KETTLE FOODS
Potato Chips**

Assorted sizes and varieties

25 % off

In-store prices reflect discount. No additional discount at register.



**CHEDDIES
Organic Cheese
Crackers**

4.2 oz Assorted varieties
Reg. \$5.49

3⁹⁹

In-store prices reflect discount. No additional discount at register.



**SIMPLE MILLS
Cookies, Crackers
& Bars**

Assorted sizes and varieties

30 % off

In-store prices reflect discount. No additional discount at register.



**GOMACRO
Organic Vegan
Protein Bar**

2.3 oz Assorted varieties
Reg. \$3.99

2⁹⁹

In-store prices reflect discount. No additional discount at register.



Marlene's
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**PROBAR
Nutrition Bars &
Energy Chews**

Assorted sizes and varieties

25 % off

In-store prices reflect discount. No additional discount at register.



**PREVAIL
Jerky**

2.25 oz Assorted varieties
Reg. \$7.89

Keto Certified!

5⁶⁹

In-store prices reflect discount. No additional discount at register.



**SANTA CRUZ
Organic
Apple Sauce**

Assorted sizes and varieties

25 % off

In-store prices reflect discount. No additional discount at register.



**RIP VAN WAFEL
Cookies & Wafers**

Assorted sizes and varieties



25 % off

In-store prices reflect discount. No additional discount at register.



**ARTISANA
Organic Almond
or Cashew Butter**

Assorted sizes and varieties

25 % off

In-store prices reflect discount. No additional discount at register.



**BORN SIMPLE
Organic
Pasta Sauce**

18 oz Assorted varieties

Reg. \$6.79

4⁷⁹

In-store prices reflect discount. No additional discount at register.



**CABOO
Tree Free
Paper Products**

Assorted sizes and varieties

30 % off

In-store prices reflect discount. No additional discount at register.

Also on sale in August!

Nature's Path	Suzie's Organic
C2O	Oatly
Izzie's	Stalbash
Siete	Evergreen
Burroughs Family Farm	Alden's



TONY'S COFFEE
Organic Fair Trade
Packaged Coffee
Assorted sizes and varieties

NW Roasted!
25 % off

In-store prices reflect discount. No additional discount at register.



PERFECT BAR
Organic
Peanut & Almond
Butter Bars

Assorted sizes and varieties
25 % off

In-store prices reflect discount. No additional discount at register.



HARMLESS HARVEST
Organic
Coconut Water

Assorted sizes and varieties
25 % off

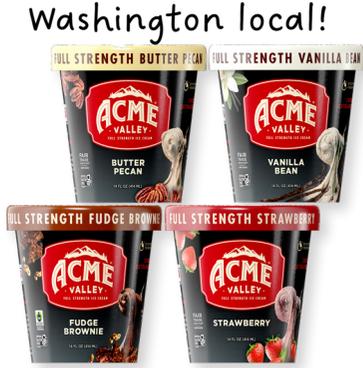
In-store prices reflect discount. No additional discount at register.



SAMBAZON
Organic Acai
Energy Drinks &
Frozen Desserts
1.7 oz Assorted varieties

25 % off

In-store prices reflect discount. No additional discount at register.



Washington local!

ACME
Full Strength
Ice Cream
14 oz Assorted varieties
Reg. \$7.89

6²⁹

In-store prices reflect discount. No additional discount at register.



CRAIG'S
Vegan Frozen
Dessert
16 oz Assorted varieties
Reg. \$9.19

6³⁹

In-store prices reflect discount. No additional discount at register.



GOODBELLY
Organic Probiotic
Juice Blends
Assorted sizes and varieties

25 % off

In-store prices reflect discount. No additional discount at register.



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Also on sale in August!

Suja

Rawkin Raw

Kite Hill

Vista Hermosa

Canyon Bakehouse

Painterland Sisters

REDD REMEDIES Supplements

Assorted sizes and varieties



20 % off

In-store prices reflect discount. No additional discount at register.

LIFE EXTENSION Supplements

Assorted sizes and varieties



30 % off

In-store prices reflect discount. No additional discount at register.

GARDEN OF LIFE Supplements

Assorted sizes and varieties



25 % off

In-store prices reflect discount. No additional discount at register.

Tasty, convenient, fast-absorbing liquids from Youtheory now available at Marlene's!

Portioned packets are convenient for on-the-go and are sold as individual packets or in boxes of 12.

YOUTHEORY Supplements

Assorted sizes and varieties



20 % off

In-store prices reflect discount. No additional discount at register.



BARLEAN'S Supplements
Assorted sizes and varieties

20 % off

In-store prices reflect discount. No additional discount at register.



BOIRON Homeopathic Supplements
Assorted sizes and varieties

25 % off

In-store prices reflect discount. No additional discount at register.



IRWIN NATURALS Supplements
Assorted sizes and varieties

25 % off

In-store prices reflect discount. No additional discount at register.



DR. MERCOLA Supplements
Assorted sizes and varieties

20 % off

In-store prices reflect discount. No additional discount at register.



NATURAL FACTORS Supplements
Assorted sizes and varieties

25 % off

In-store prices reflect discount. No additional discount at register.



NORDIC NATURALS Supplements
Assorted sizes and varieties

25 % off

In-store prices reflect discount. No additional discount at register.

Also on sale in August!

Superieur Electrolytes	Four Sigmatic
Ancient Nutrition	HerbPharm
Bala Enzyme	Orgain
Country Life	Organic India
Flora	Urban Moonshine

Great-tasting, zero sugar gummies from Nordic Naturals now available at Marlene's!

Check out our wide variety of nutritious gummies for kids and adults. Now you can have all the convenience and flavor you love in your gummies without the added sugar!

Discover the Dr. Ohhira Difference!™

While many digestive health formulas only contain probiotics, Dr. Ohhira's Probiotics® contains all the pieces you need for optimal health, digestion, and immune support: **PREBIOTICS, PROBIOTICS, and POSTBIOTICS.*** Dr. Ohhira's award-winning formula is fermented for three years which results in a truly unique probiotic supplement with three advanced components:

PREbiotics—fermented fruits & vegetables that cultivate the existing good bacteria in the gut*

PRObiotics—13 beneficial strains of living probiotics including Bifidobacteria and Lactobacilli that promote better digestion and support a healthy immune response*

POSTbiotics—amino acids, vitamins, minerals, and natural organic acids that are produced during the 3-year fermentation process and are essential for whole health*

DR. OHHIRA'S
Supplements

25%
Off in July!

Assorted sizes and varieties.

In-store prices reflect discount.
No additional discount at register.
Valid August 1 - 31, 2024.



ESSENTIAL FORMULAS®

For more information visit: www.essentialformulas.com

*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.

Dr. Ohhira's Probiotics is a registered trademark of Essential Formulas Incorporated.



FEDERAL WAY

2565 S. Gateway Center Place
253.839.0933

Monday - Saturday 8 am - 8 pm
Sunday 9 am - 7 pm

Deli Hours

Monday - Saturday 8 am - 4 pm
Sunday 9 am - 4 pm

Grab and go options available until closing.

TACOMA

2951 S. 38th Street
253.472.4080

Monday - Saturday 8 am - 8 pm
Sunday 9 am - 7 pm

Deli Hours

Monday - Saturday 8 am - 6 pm
Sunday 9 am - 6 pm

Grab and go options available until closing.

We value your suggestions and feedback!
Write to us at: feedback@marlenesmarket-deli.com



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Please send me Sound Outlook by POST (regular mail) ONLY

Please send me Sound Outlook by EMAIL ONLY

Please send me Sound Outlook BY POST AND EMAIL

Name _____

Address _____

City _____ State _____ Zip _____

Email _____

August 2024

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To unsubscribe, please send us an actual mailing label from a recent issue of Sound Outlook. Thank you!

Stay Cool with Vibrant Green!

Fuel up while you shop.

Let our deli staff prepare a delicious juice or smoothie that's bursting with flavor and nutrition. It's the tastiest and easiest way to get your greens and a boost of energy for your busy day!



**Ask for a
Tropikale
Thunder!**

Pineapple, mango,
spinach, kale, coconut
water, apple juice.