

**NEW!**

OUR ORGANIC STONE GROUND YELLOW CORN TORTILLA CHIPS ARE A GREAT CHOICE FOR THOSE LOOKING FOR A WHOLESOME, SIMPLE SNACK, PERFECT FOR DIPPING INTO SALSA, GUACAMOLE, OR ON THEIR OWN.

USDA  
ORGANIC

LASSENS  
*Stone Ground*  
YELLOW CORN  
TORTILLA CHIPS  
ORGANIC

**LASSENS**

NATURAL FOODS & VITAMINS

**MARCH  
2025**



# LASSENS SUPPLEMENTS, HEALTH & BEAUTY



## NATURTINT®

**Helping you achieve gorgeous hair at home**

Experience vibrant, long-lasting color and irresistibly soft, shiny hair with our cruelty-free, ammonia-free formula made with up to 92% naturally derived ingredients.

<p>3N Dark Chestnut Brown Permanent Hair Color Gel</p> <p>5.75 oz.</p> <p><b>\$14.99</b></p>	<p>5N Light Chestnut Brown Permanent Hair Color Gel</p> <p>5.75 oz.</p> <p><b>\$14.99</b></p>
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## ACURE

Resilience Eye Balm  
0.5 oz.



# \$18<sup>49</sup>

**Also on sale:**  
Revived Radiance Overnight Mask, 1.7 oz. **\$19.99**

## GARDEN OF LIFE

Vitamin Code  
50 & Wiser Women's Multi  
120 ct.



# \$31<sup>49</sup>

**Also on sale:**  
Vitamin Code Raw Calcium, 120 ct. **\$36.49**

## JARROW FORMULAS

Fem Dophilus  
Advanced  
Shelf Stable Probiotics  
30 ct.



# \$29<sup>99</sup>

**Also on sale:**  
Jarro-Dophilus EPS Advanced Probiotics, 30 ct. **\$36.49**

## KAL

Magnesium  
Glycinate 350 mg.  
160 ct.

**ADDITIONAL  
ITEMS  
ON SALE!**

# \$17<sup>49</sup>



**Also on sale:**  
Magnesium Taurate+ 400 mg. 90 ct. **\$17.49**





# SUPPLEMENTS, HEALTH & BEAUTY

## NEW CHAPTER

One Daily  
Every Woman's  
Multivitamin 55+  
72 ct.



**\$43<sup>49</sup>**

**Also on sale:**  
All-Flora Probiotic, 30 ct. **\$28.49**

## PLUS CBD BY CV SCIENCES

Calm Gummies  
Strawberry Lemonade  
30 ct.

**ADDITIONAL  
ITEMS  
ON SALE!**



**\$26<sup>99</sup>**

**Also on sale:**  
Sleep Gummies Raspberry, 30 ct. **\$26.99**

## RADIUS

Immuni-Minty  
Elderberry  
Toothpaste  
2.5 oz.

**ADDITIONAL  
ITEMS  
ON SALE!**



**\$11<sup>49</sup>**

**Also on sale:**  
Kids Super Duper Immuni-Power Toothpaste, 2.5 oz. **\$11.49**

## LASSENS

Liquid Mullein  
1 oz.

**CUSTOMER  
FAVORITES!**



**\$8<sup>99</sup>**

**Also on sale:**  
Liquid Chlorophyll, 1 oz. **\$8.99**



# SUPPLEMENTS, HEALTH & BEAUTY

## SHIKAI

Everyday Shampoo  
12 oz.

ADDITIONAL  
ITEMS  
ON SALE!

\$7<sup>99</sup>



Also on sale:  
Everyday Conditioner, 12 oz. **\$7.99**

## TEA TREE THERAPY

100% Pure Australian  
Tea Tree Oil  
2 oz.

\$15<sup>49</sup>



Also on sale:  
Anti-Fungal Serum, 1 oz. **\$7.99**

## YERBA PRIMA

Psyllium Husks  
Powder  
12 oz.

ADDITIONAL  
ITEMS  
ON SALE!

\$14<sup>49</sup>



Also on sale:  
Psyllium Whole Husks, 12 oz. **\$14.49**

## HERBATINT

4N Chestnut  
Permanent Haircolor  
Gel  
5.75 oz.

TOP  
SELLER!

\$17<sup>49</sup>





# TONNINO



## TOP QUALITY TUNA JUST TASTES BETTER

A gourmet, high-protein tuna that makes meals delicious and effortless. Add it to salads, pasta, or any dish for a quick, healthy option.

Yellowfin Tuna  
In Olive Oil  
6.7 oz.  
**\$6.99**



### ANNIES HOMEGROWN

Cheese Puffs  
Cheddar  
4 oz.



**\$3.89**

### BLUE DIAMOND

Unsweetened  
Original  
Almondmilk  
32 oz.



**\$2.99**

### BRIANNAS

Poppy Seed  
Dressing  
10 oz.



**\$3.99**

### CLAROS

Freeze Dried  
Tangerines  
.88 oz.



**\$4.99**

### CROWN PRINCE

Skinless & Boneless  
Sardines  
3.75 oz.



**\$3.49**

### EDWARD & SON

Rice Snaps, Vegetable  
3.5 oz.



**\$2.99**

### EPIC PROVISIONS

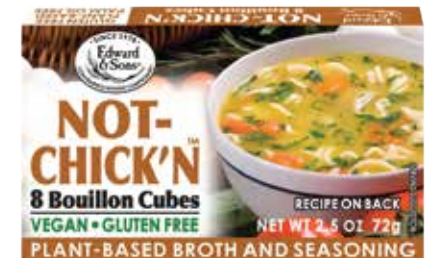
Beef Tallow  
11 oz.



**\$9.99**

### EDWARD & SON

Bouillon Cubes  
Not-Chick'n  
2.5 oz.



**\$2.29**



# ARMORED FRESH

## World Saving Taste

With the belief that delicious food can save the world, we present our innovative Armored Fresh cheese.



Oat Milk Cheddar Cheese  
71 oz.  
**\$4.79**



DR. BRONNER'S  
**ALL-ONE!**

## SAL SUDS BIODEGRADABLE CLEANER

Dishes-floor-laundry-more—the ultimate multi-purpose household cleaner!

Dr. Bronner's Sal Suds Liquid Cleaner is made with plant-based surfactants and natural fir needle and spruce essential oils (no cheap, harsh pine stump oil), without any synthetic dyes or fragrances. It cleans and rinses with exceptional power, yet it is mild and gentle on the skin. Equally effective in hard or soft water, rinsing freely, hot or cold.

Sal Suds Biodegradable Cleaner, 32 oz. **\$10.99**



## MUIR GLEN

Tomato & Basil Pasta Sauce  
23.5 oz.



**\$3.49**



## ONCE AGAIN

Organic Tahini  
16 oz.



**\$7.99**



## TASTY BITE

Basmati Rice  
8.8 oz.



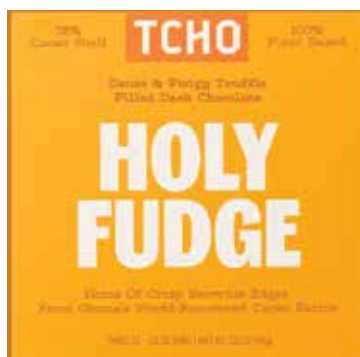
**\$2.49**



## TCHO CHOCOLATE

Holy Fudge Chocolate Bar  
2.5 oz.

**\$3.69**



## WATERLOO

Sparkling Water  
Cherry, 12 Pack  
12 oz.

**\$4.99**



## BLUE DIAMOND

Unsweetened Original Almondmilk  
64 oz.



**\$3.89**





## FOODIES

Pumfu  
Original  
8 oz.



\$4<sup>99</sup>

## FORAGER PROJECT

Cashew Yogurt  
Plain  
24 oz.



\$5<sup>19</sup>

## PERFECT FOODS

Peanut Butter Bar  
2.5 oz.



\$2<sup>39</sup>

## REMEDY ORGANICS

Cacao Essentials  
12 oz.



\$3<sup>89</sup>

## 1907 WATER

Artesian Water  
1 Liter



\$2<sup>49</sup> +TAX

## SCHAR

Classic Muffin  
7.9 oz.



\$4<sup>89</sup>

## UNREAL

Dark Chocolate  
Coconut Bars  
4.2 oz.



\$5<sup>49</sup>

## CHOBANI

Strawberry Drink  
10 oz.



\$2<sup>19</sup>

## HABIZA

Authentic Original Hummus  
10 oz.



\$4<sup>19</sup>

## MI RANCHO

Yellow Corn Tortilla  
THINcledibles  
7 oz.



\$2<sup>69</sup>

## SWEETY

Mochi  
Alphonso Mango  
7.5 oz.



\$4<sup>49</sup>

## TOBY'S

Ranch Dressing  
12 oz.



\$5<sup>49</sup>

## NANCYS

Grass Fed Whole Milk Yogurt  
24 oz.



\$4<sup>79</sup>



## Recipe



# Chilaquiles with Lassens Tortilla Chips

### INGREDIENTS

- 12 New Mexican/California chile or guajillo chile
- 1 roma tomato
- 2 garlic cloves
- 1 white onion; sliced and divided
- 2 tsp salt
- 2 cups reserved chili water
- **LASSENS Tortilla Chips**
- 1 cup olive oil
- cotija or queso fresco
- cilantro
- avocado slices
- diced onion
- Mexican crema
- Monterey jack cheese

### INSTRUCTIONS

#### Chile Sauce

1. Gently wipe down each chile pepper with a damp paper towel or cloth. Cut off the stems and remove the seeds and veins. Place the chiles and tomatoes in a medium size saucepan. Add 6 cups water to cover the chiles. Bring to a boil and cook until the chiles are soft (about 10 minutes). Drain chiles over a sieve reserving the water.
2. Place soft chiles, garlic cloves, onion, salt, and 2 cups of the reserved chile water in a blender. Pulse until smooth. Strain sauce if desired.

#### Assemble Chilaquiles

1. Add 1 tablespoon of oil to a large skillet. Heat over medium heat and add ½ sliced white onion. Sauté until fragrant. Pour prepared chile sauce in the skillet over the onions and bring the sauce to a simmer.
2. Add the prepared **LASSENS TORTILLA CHIPS** to the sauce and gently fold ingredients ensuring the chips are coated with the sauce. Top with cheese and a Poached or fried egg as and option.

## March

# Events & Education

### BREAK FREE OF BINGE EATING, EMOTIONAL EATING AND OVEREATING

with Michelle Kester Ho, NTP, Holistic Wellness Coach  
**Thursday, March 13 at 6 pm PST 4 pm HST, Online**  
Break free from binge eating, overeating, emotional eating, and inconsistent nutrition with Michelle Kester Ho, Nutritional Therapy Practitioner and Binge Eating Recovery Coach. Learn practical strategies to balance blood sugar, understand your body's needs, and develop a healthy relationship with food—without restrictive dieting.

<https://us06web.zoom.us/join/register/7xpMUJMnQ3eyf83jDce-yg>

### GLOW NATURALLY: A GUIDE TO NATURAL SKIN AND HAIRCARE ESSENTIALS

with Rebecca Hamilton, CEO for Badger  
**Tuesday March 18 at 6 pm PST 4 pm HST, Online**  
Join us for an evening of natural skincare with Badger, a company committed to organic ingredients and sustainability. Learn about its beginnings and evolution. Discover the benefits of its waterless, award-winning mineral sunscreens, explore its grooming line, and get a sneak peek at new hair oils. See how these products nourish, strengthen, and support eco-friendly beauty.

<https://us06web.zoom.us/join/register/kXujLtGORUyVXXRYUscLYg>

### WHAT TO DO WHEN YOU CAN'T GO #2

with Dr. Jennea Wood and Heidi Ochsner, RD  
**Thursday, March 27 at 7 pm PST 5 pm HST, Online**  
Slow elimination can be uncomfortable to discuss and experience. Digestive experts Dr. Jennea Wood, ND, and Heidi Ochsner, RD, of the Tummy Temple will help you get back on track. Learn the causes of constipation and effective strategies to stay regular, including diet, lifestyle changes, bodywork, and supplements.

<https://us06web.zoom.us/join/register/vxb7HPnBRiOXvr8pp-2Tjw>

### RIDGECREST HERBALS

with Speaker  
**Tuesday March 20 at 6 pm PST 4 pm HST, Online**  
Discover the power of natural botanical formulas with RidgeCrest Herbals, an award-winning developer known for their eclectic herbal blends. In this class, we'll explore how combining ingredients from various herbal traditions can support specific health needs, such as respiratory health, stress management, and more. Learn about their best-selling ClearLungs formula and other products designed to help your body thrive naturally.

### OM MUSHROOMS

with Speaker  
**Wednesday, March 25 at 6 pm PST 4 pm HST, Online**  
Unlock the potential of functional mushrooms with Om Mushroom Superfood, a leader in organic mushroom powders. This session delves into the health benefits of various mushroom species, including immune support, cognitive function, and energy enhancement. Discover how incorporating these superfoods into your routine can promote overall wellness and vitality.

FREE TO ATTEND  
Join expert-led  
sessions to learn,  
grow, and explore.

SIGN UP HERE



# LASSENS

NATURAL FOODS & VITAMINS

FOLLOW US ON   

CLOSED ON SUNDAYS



LOCATIONS FEATURING DELI AND JUICE BAR

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


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

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

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

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

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

THE WHOLE WHEATERY   
661-945-0773

SANTA MARIA   
805-925-3432  
1790 S Broadway  
Santa Maria CA, 93454

THOUSAND OAKS   
805-495-2609  
2150 E Thousand Oaks Blvd  
Thousand Oaks CA, 91362

MIRACLE MILE (LA)   
323-648-7980

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

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

710 South La Brea Ave  
Los Angeles CA, 90036