



FREE

Online Health Seminars

Learn about your health and wellness with the best in the industry!

See our back page for times & topics.



Week long sales!

**New Year
New You** CELEBRATION

JANUARY 20th to 25th

Healthy Savings!

At Lassens you'll find everything you need for a Happy & Healthy New Year!

We wish you the best of health & wellness.

LASSENS

NATURAL FOODS & VITAMINS

JANUARY
2025

LASSENS SUPPLEMENTS, HEALTH & BEAUTY

ANCIENT NUTRITION

Extra Strength Probiotics
50 Billion
60 ct.

ADDITIONAL
ITEMS
ON SALE!

\$41⁹⁹



Also on sale:
Multi Collagen Protein, 454.5 g. **\$36.99**

BLUME

Blue Lavender
Superfood Latte
3.5 oz.

\$21⁹⁹



Also on sale:
Reishi Cacao Superfood Latte, 4.4 oz. **\$21.99**

CHARLOTTE'S WEB

Calm
Lemon Lime Gummies
30 ct.

\$21⁴⁹



Also on sale:
Sleep Raspberry Gummies, 30 ct. **\$21.49**

CHILD LIFE

Kids Multi Vitamin & Mineral
Orange Mango
8 oz.

ADDITIONAL
ITEMS
ON SALE!

\$12⁴⁹



Also on sale:
Multi Vitamin Sugar Free Gummy, Strawberry, 90 ct. **\$22.49**

EVERYONE BY EO

Hand Sanitizer Spray
Ruby Grapefruit
2 oz.

ADDITIONAL
ITEMS
ON SALE!

\$3²⁹



Also on sale:
3in1 Soap Coconut+Lemon, 32 oz.
\$10.79

NEW CHAPTER

Magnesium+Ashwagandha
30 ct.

\$14⁴⁹



ADDITIONAL
ITEMS
ON SALE!

Also on sale:
One Daily Woman's Multivitamin 55+, 72 ct.
\$63.49

NORDIC NATURALS

Algae Omega
120 ct.

ADDITIONAL
ITEMS
ON SALE!

\$39⁴⁹



Also on sale:
Lemon Ultimate Omega, 120 ct.
\$40.49

ORGANIC INDIA

Ashwagandha Caps
90 ct.

ADDITIONAL
ITEMS
ON SALE!

\$22⁹⁹



Also on sale:

Whole Husk Psyllium Fiber, 12 oz. **\$13.49**

PRIMAL KITCHEN

Collagen Fuel
Vanilla Coconut
13.05 oz.

ADDITIONAL
ITEMS
ON SALE!

\$31⁴⁹



Also on sale:

Collagen Fuel Chocolate Coconut, 13.89 oz. **\$31.49**

SOLGAR

Full Spectrum Curcumin
60 ct.

ADDITIONAL
ITEMS
ON SALE!

\$44⁹⁹



Also on sale:

One Daily Men's Multi 50+, 60 ct. **\$21.49**

SUN WARRIOR

Vegan Collagen
Chocolate Fudge
500 g.

ADDITIONAL
ITEMS
ON SALE!

\$27⁴⁹



Also on sale:

Vanilla Warrior Blend, 750 g. **\$31.49**

SUNFOOD SUPERFOODS

Organic
Supergreens & Protein
8 oz.

\$14⁴⁹



Also on sale:

Spirulina & Chlorella, 4 oz.
\$18.49

WISHGARDEN HERBS

Deep Lung Pump
2 oz.

ADDITIONAL
ITEMS
ON SALE!

\$19⁹⁹



Also on sale:

Kick-Ass Sinus Pump, 2 oz.
\$19.99

YOU THEORY

Collagen
6000 Mg
160 ct.

ADDITIONAL
ITEMS
ON SALE!

\$12⁹⁹



Also on sale:

KSM-66 Ashwagandha, 60 ct.
\$15.49

LASSENS SUPPLEMENTS, HEALTH & BEAUTY

Paradise[®]

EST. 1994

Unsurpassed Quality in Every Product!



Earth's Blend[®] Superfood Multivitamin

Bursting with over 48 ingredients it's truly a Nature Synergized™ superfood multivitamin. Our formula uses real whole-food goodness paired with vitamins, minerals, probiotics, and herbs to go beyond mere deficiencies and help support overall whole system health. It's not just how many ingredients are in your multiple, it's what it can do that makes the difference. Each capsule is over 4,000 ORAC giving you the antioxidant power of over 7 servings of fruits and vegetables in every capsule, making it quite possibly (in our humble opinion) the best multivitamin on the PLANET!

Earth's Blend
Multi-Vitamin With Iron, 60 ct.
\$23.99

Earth's Blend
Multi-Vitamin Without Iron, 60 ct.
\$23.99

LASSENS

Ashwagandha
90 ct.

ADDITIONAL
ITEMS
ON SALE!

\$13⁹⁹



Also on sale:
Magnesium Glycinate, 90 ct.
\$16.99

GARDEN OF LIFE

Raw Probiotics
Women
85 Billion
90 ct.



\$41⁹⁹

ADDITIONAL
ITEMS
ON SALE!

Also on sale:
Grass Fed, Unflavored Collagen Peptides, 560 g.
\$32.49

JARROW FORMULAS

MagMind
90 ct.

ADDITIONAL
ITEMS
ON SALE!

\$35⁹⁹



Also on sale:
Methyl B-12 1000 Mcg Lemon Chewables, 100 ct.
\$10.49

DYNAMIC HEALTH

Organic Tart Cherry
Concentrate
16 oz.

ADDITIONAL
ITEMS
ON SALE!

\$14⁹⁹



HERBATINT

Permanent
Chestnut 4N
Haircolor Gel
5.75 oz.



\$17⁴⁹

HERITAGE STORE

Organic Castor Oil
32 oz.

ADDITIONAL
ITEMS
ON SALE!

\$25⁹⁹



SEVENTH GENERATION

Bath Tissue
4 Pack



\$3⁹⁹

ALOHA

Chocolate Mint Bar Protein
1.98 oz.



\$2³⁹

ALTER ECO

Total Blackout
Chocolate Bar
100% Cacao
2.65 oz.



\$3⁸⁹

ANNIES HOMEGROWN

Bunny Fruit Snack
7 oz.



BOGO
BUY ONE GET ONE FREE
Reg. Price: \$7.99

KITU

Super Creamer
Vanilla
25.4 oz.

\$4⁴⁹



ANNIES HOMEGROWN

Shells & White Cheddar
6 oz.



\$1⁴⁹

BARNEY BUTTER

Smooth Almond Butter
10 oz.



\$6⁹⁹

BEAR YOYO

Raspberry Fruit Roll
3.5 oz.



\$3⁹⁹

BHUJA

Nut Mix
7 oz.



\$3⁹⁹

KORSHOTS

Hydrate
Tropical Punch
16 oz.



\$3⁴⁹



BONAFIDE PROVISIONS

Chicken Broth Bone
16.9 oz.



\$6¹⁹

BOULDER

Potato Chps
Sea Salt
5.25 oz.



\$3³⁹

BRAGG

Apple Cider Vinegar
32 oz.



\$5⁴⁹

BRAMI BEANS

Sea Salt Beans
5.3 oz.



\$3⁴⁹

CASCADIAN FARM

Cinnamon Crunch
Cereal
9.2 oz.



\$3⁹⁹

CLAROS

Tangerine
Freeze Dried
.88 oz.



\$4⁸⁹

COOMBS

Maple Syrup
Rich & Robust
32 oz.



\$25⁹⁹



CUCINA ANTICA

La Vodka Pasta Sauce
25 oz.



\$6¹⁹

ELEMENT SNACKS

Dark Chocolate
Rice Cake
3.5 oz.



\$3⁶⁹

ESSENTIA

Purified Water
1.5 lt.

\$2⁴⁹



*c/v

ETERNAL

Spring Water
1.5 lt.



\$1⁹⁹

*CRV

GOLDTHREAD

Mineral Replenish
Herbal Tonic
10.5 oz.



\$3²⁹

*CRV

INKA CROPS

Roasted Plantain Chips
4 oz.



\$2⁴⁹

JOVIAL

All Purpose Flour
Einkorn
32 oz.



\$6⁹⁹

NANCYS

Plain Yogurt
32 oz.



\$4⁸⁹

KUZE FUKU AND SONS

Yuzu Miso
Premium Sauce
13.7 oz.



\$5⁴⁹

LAKEWOOD ORGANIC

Pure Pineapple
32 oz.



\$6⁹⁹

*CRV

LARABAR

Cashew Cookie Bar
1.7 oz.



4 \$5
FOR

LATE JULY ORGANICS

Tortilla Chip s
Jalapeño Lime
7.8 oz.



\$3⁹⁹

TOFUTTI

Better Than Sour Cream
12 oz.



\$2⁹⁹

LUNDBERG

White Jasmine Rice
2 lb.



\$7⁹⁹

MOSS

Mango Ginger
Sea Moss Drink
12 oz.



\$2⁹⁹

*CRV

MUIR GLEN

Tomato & Basil
Pasta Sauce
23.5 oz.



\$3⁴⁹

NOKA

Super Berry
Smoothie
4.22 oz.



\$1⁹⁹

NUTRIL

Keto Granola
Honey Nut
8 oz.



\$7⁴⁹

NUTTZO

Crunchy Power Fuel
Nut & Seed Butter
12 oz.



\$10⁹⁹

PIPCORN

Cheddar Balls
4.5 oz.



\$3⁷⁹

ROAR BEVERAGES

Mango Clementine
8 oz.



\$1⁸⁹

*CRV

RXSUGAR

Liquid Sugar
16 oz.



\$9⁹⁹

SEMPIO

Gochujang Sauce
8.81 oz.



\$6⁴⁹

SNACK FACTORY

Pretzel Crisps
7.2 oz.



\$2⁹⁹

SOCOSANI

Still Water
750 ml.



\$1⁹⁹ +crv

TASTY BITE

Basmati Rice
8.8 oz.



\$2⁵⁹

VITA COCO

Coconut Water
33.8 oz.



\$4⁴⁹

PRESSED JUICERY

Elderberry Shot
2 oz.



\$2⁴⁹

WESTBRAE

Black Beans
15 oz.



\$2⁷⁹

E.U.B.

Orange Creamsicle
12 oz.



\$2⁶⁹ +crv

LACROIX

Pure Sparkling Water
8 Pack, 12 oz.



\$3⁸⁹

SATI

Berry Energy
CBD Soda
12 oz.



\$3²⁹ +crv

MELO

Sprkling Kava
Passionfruit
Orange & Guava
12 oz.



\$4⁴⁹ +crv

BIG MOUNTAIN FOODS

Lion's Mane Mushroom Burger
8.5 oz.



\$5⁹⁹

BITCHIN SAUCE

Original
8 oz.



\$4⁹⁹

BIZZY COFFEE

Cold Brew Coffee
48 oz.



\$5⁹⁹

CALIFIA FARMS

Almond Milk
Unsweetened
48 oz.



\$4⁹⁹

CASCADIAN FARM

Blueberries
28 oz.



\$13⁸⁹

DAILY HARVEST

Sweet Potato Wild Rice Bowl
11.6 oz.



\$8⁴⁹

DAVES KILLER BREAD

21 Grain Sliced Bread
27 oz.



\$5⁶⁹

FORAGER PROJECT

Cashew Yogurt
Plain, 24 oz.



\$5¹⁹

GLUTENULL

Coco D'l-ish Bars
8.5 oz.



\$8⁵⁹

HEALTH-ADE KOMBUCHA

Ginger Lemon Kombucha
48 oz.



\$6⁴⁹ +crv

JUST

Egg Substitute
16 oz.



\$6⁵⁹

KITE HILL

Greek Style Yogurt Vanilla Unsweetened
16 oz.



\$4⁸⁹

LIFEWAY

Probiotic
Whole Milk
Plain
32 oz.



\$5⁷⁹

MALK

Almond Milk
Vanilla
28 oz.



\$5⁴⁹

VIOLIFE

Vegan
Feta Block
8.1 oz.



\$5³⁹

WYMANS

Wild Blueberries
3 lb.



\$11⁴⁹

January

Events & Education

REGENERATIVE RESET FOR BODY, MIND & PLANET

with Leisel Stohr, Ancient Nutrition

Tuesday, January 14

6 pm PST 4 pm HST, Online

Kick off the New Year with a fresh start! Join Ancient Nutrition for a transformative online class focused on a Regenerative Reset—designed to rejuvenate your body, mind, and the planet. Discover simple but small steps to transform your daily life by cultivating better physical health, fostering mental wellness, and integrating environmentally sustainable practices. Highlights include: easy, actionable strategies for personal renewal, delicious recipes to support your wellness goals and a FREE "Regenerative Reset" E-Book packed with tips and resources. Let's make 2025 the year of meaningful change for ourselves and the Earth!



BALANCING ACT: HARNESSING AYURVEDA FOR MODERN WELLNESS

with Ryan Reisman, Educator for Himalaya

Thursday, January 16

6 pm PST 4 pm HST, Online

Feeling out of sync? Discover how Ashwagandha and other famous Ayurvedic adaptogens can help restore your body's harmony. Also learn about Himalaya products that address key areas of our busy lives, like LiverCare for detox, Gymnema for sugar balance, Shatavari for women's wellness, and PartySmart for life's celebrations.

UNLOCK THE POWER OF NATURE TO BOOST YOUR IMMUNE HEALTH

with Karla Youngblood, Educator for Herb Pharm

Tuesday, January 21

6 pm PST 4 pm HST, Online

Unlock the power of nature to boost your immune health with Herb Pharm! Join Karla Youngblood to learn about herbal allies like Elderberry and Reishi mushrooms. Learn about the incredible farms that are the heart of Herb Pharm and gain insights into their meticulous extraction processes to ensure the highest quality products possible.



HOST DEFENSE MUSHROOMS – IMMUNE SUPPORT & MORE*

with Xochitl Palomino, ND, Host Defense Practitioner Channel Educator

Thursday, January 23

6 pm PST 4 pm HST, Online

This lecture provides a great review of Host Defense® and Fungi Perfecti®. We discuss the benefits of mycelium grown on rice (no fillers!), and the groundbreaking research associated with Host Defense® Mushrooms™ products. We will elaborate on why our products stand out above the rest, including our rigorous testing, sustainable cultivation, and good manufacturing practices. We will dive deeper into specific products and explore how to incorporate them into your lifestyle. This lecture wraps up with a live Q & A session, an opportunity to interact with your educator and have your questions answered. There will also be a gift basket giveaway for attendees!

*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.

LASSENS

NATURAL FOODS & VITAMINS

FOLLOW US ON

CLOSED ON SUNDAYS

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

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

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

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

LOCATIONS FEATURING DELI AND JUICE BAR

THE WHOLE WHEATERY
661-945-0773

44264 10th St W,
Lancaster, CA 93534

MIRACLE MILE (LA)
323-648-7980

710 South La Brea Ave
Los Angeles CA, 90036