

NEW ITEMS AT LAKEWINDS, OCT. 2024

Grocery



New cookies

We've added a lot of tasty new cookie treats this month!

- **Annie's** birthday cake graham sandwiches, \$6.26
- **Field Day** crème sandwich cookies (vanilla & chocolate), \$3.99
- **Field Day** animal crackers (vanilla & chocolate), \$3.99
- **Made Good** snickerdoodle cookies, \$5.29
- **Partake** cookies (chocolate chip & ginger), \$5.99
- **Simple Mills** peanut butter sandwich cookies, \$6.99
- **Simple Mills** lemon sweet thins, \$5.49
- **Tate's Bake Shop** lemon cookies, \$6.49



Kettle & Fire - new soups and bone broth flavors


Just in time for the chilly season, grab one of these premade soups for an easy cozy meal! Or grab one of the new distinctly flavored bone broths to make your own zesty homemade soup.

- Lemongrass ginger beef bone broth, 16 oz., \$7.99
- Turmeric ginger chicken bone broth, 32 oz., \$11.99
- Italian wedding soup, 16 oz., \$5.99
- Chicken and ancient grain soup, 16 oz., \$5.99
- Lentil and vegetable, 16 oz., \$5.99
- Vegetable and quinoa, 16 oz., \$5.99



New crackers

Speaking of soup, if you're like us you can't have soup without some crackers to crumble over the top. Here are some new varieties just begging to be added to a piping hot bowl of soup.

- **Better Buckwheat** crackers (sea salt & everything bagel), \$4.99
- **Flackers Crackers** spicy chili lime, \$5.99  LOCAL
- **Made Good** star puffed crackers (sea salt & cheddar), \$3.99

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Wellness



Enzymedica - new items

Enzymedica's array of digestive aids are formulated using naturally occurring enzymes to help your body break down food. From daily probiotics to enzymes that can help you digest foods you have a slight sensitivity to, like dairy or gluten, you'll find plenty of items to support a healthy gut.

- Subculture probiotic stickpacks (lemon-lime & berry blast flavors), \$39.99
- Subculture probiotics (blends available for mood, bloating, and one that's formulated for women), \$44.99
- Chewable dairy assist enzymes, \$19.99



Host Defense - new items

Based on the research of renowned mushroom expert Paul Stamets, Host Defense crafts supplements to support many body and brain functions. Host Defense harvests the mycelium of functional mushrooms like chaga, turkey tail, and lion's mane that may provide a "far greater range of metabolically active compounds than what can be found in the mushroom fruit bodies alone."

- Agarikon, \$62.99
- Stamets 7 powder, \$46.99
- Turkey tail powder, \$20.99



Wild Carrot Herbals - new items

This popular skincare line was founded by an organic farmer with a passion for medicinal herbs. She combined her love of farming and herbs to create Wild Carrot Herbals. Each ingredient is sourced organically and directly from growers whenever possible. Their dedication to sustainability also extends to their packaging, which favors highly reusable glass over plastic.

- Sun salutation facial serum, \$23.99
- Botanical brilliance serum, \$27.99
- Grapefruit rose lip balm, \$9.99

More New Items

- **All Good** body serums (coconut, grapefruit, and clary sage and vetiver blends), \$29.99
- **Annie's Homegrown** chicken noodle and chicken and pasta canned soup, \$4.99
- **Field Day** gravy mix (turkey and mushroom), \$2.99
- **Himalaya** psyllium husk capsules, \$16.99
- **Himalaya** Partysmart lemon-lime electrolyte drink mix, \$11.99
- **Himalaya** Partysmart gummies, \$15.99
- **Himalaya** organic cinnamon capsules, \$19.99
- **Himalaya** Hello Immunity, \$25.99
- **Himalaya** elderberry mix, \$17.99
- **Kirks' Naturals** 3-in-1 unscented cleanser, \$11.99
- **Lotus** millet and brown rice ramen, \$6.29
- **Mega Food** iron energy gummies, \$24.99
- **Mega Food** vegan omega 3-6-9 capsules, \$32.99
- **Mega Food** prenatal probiotics, \$29.99
- **Mega Food** Relax & Calm strawberry magnesium chews, \$16.99
- **Natural Factors** LipoLicell Matrix vitamin D3 capsules, \$11.99
- **Ocean's Halo** noodle bowls (pho and miso), \$6.99
- **Pacific Foods** creamy tomato soup, \$5.49
- **Pacific Foods** hearty vegetable soup, \$4.99
- **Primal Kitchen** salad dressing (ranch and Caesar), \$13.99
- **Sprout Living** vitamin D3 spray, \$29.99
- **Sprout Living** vitamin D3 and K2 spray, \$24.99
- **Sprout Living** pea protein (single serve and 1 lb.), \$3.99 - \$29.99
- **Sprout Living** probiotic almonds (cheddar cheese and Italian truffle), \$3.49
- **Trace Minerals** Zerolyte electrolyte drink mix (salty citrus and salty orange), \$1.49/single