

North American
Herb & Spice

Dietary Supplement

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Wild & Organic AshwaMilk

Ashwagandha root extract

with organic, raw yacon powder

Supports healthy energy & power*

Supports healthy adrenal & thyroid function*

NET WT. 3.5 OZ. (100 grams)

AshwaMilk is the energizing power of wild, raw, organic ashwagandha root extract. This extract is far more potent than typical ashwagandha supplements. AshwaMilk is a true water- and alcohol-free extract, which has a high potency unmatched in other formulas. Ashwagandha is one of the key Ayurvedic adaptogenic roots, long known for its powers in aiding vital force and also as an aphrodisiac.* Fight back against stress and low energy, plus much more, with this delicious, nourishing milk mix.* It's a ready drink mix, naturally sweetened with organic, Peruvian yacon powder, which, as a prebiotic, supports a healthy digestive response and also healthy intestinal function.*

AshwaMilk Recipe #1:

1 cup nut milk or milk of your choice
1/2 tsp. to 1 tsp. AshwaMilk

AshwaMilk Recipe #2:

1 cup nut milk or milk of your choice
1/2 tsp. to 1 tsp. AshwaMilk
1/2 tsp. organic butter or coconut fat
1 tsp. raw honey (optional)

On medium heat bring mixture of milk and AshwaMilk to a simmer. Continue simmering on low heat for three minutes or more, stirring occasionally. Mixes best with a wire whisk. When done, add fat, sweeten as desired and serve.

*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.

Supplement Facts

Serving size: 1 tsp. (2.8g) Servings per container: 36

Amount Per Serving	% Daily value
Calories 0	Calories from fat 0
Total Carb 0g	0%
Vitamin A 0%	Vitamin C 0%
Iron 0%	Calcium 0%.
**% Daily Values based on a 2000 calorie diet.	

*Contains less than 2% of the daily value of this nutrient.

Ingredients: organic, wild ashwagandha root extract powder, raw, organic yacon root powder, organic Jerusalem artichoke powder

Certified organic status in progress
Made with Non-GMO ingredients

Mfd. for North American Herb & Spice
13900 Polo Trail Drive, Lake Forest, IL 60045
1-800-243-5242 www.oreganol.com

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