



30-serving tin

Whether you were sick of the jitters from the office Keurig or g-ma's Celestial Seasonings wasn't quite cutting it, mud gives you the energy and focus in a manner that is jussst right. With 1/7th the caffeine of coffee mud leans on ayurvedic herbs, adaptogens, and cacao to give you natural energy, focus, and immune support without having to worry about jitters or sleeping at night.

MUD\WTR®

Nutrition Facts

Serving Sizes

1 tbsp (6g)

Calories 20

Fat .5g

Sodium 10mg

Carbohydrates 4g

Sugar 0g

Fiber 1g

Protein <1g

Potassium 110mg

Iron 0.4mg

Not a significant source of saturated fat, trans fat, cholesterol, added sugars, vitamin D and calcium.

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Organic mushroom blend (chaga, reishi, lion's mane, cordyceps mycelial biomass cultured on organic oats), Organic cacao, Organic Spice Blend (organic cinnamon, organic turmeric, organic ginger, organic cardamom, organic black pepper, organic nutmeg, organic cloves), Organic black tea powder, Himalayan pink salt.

1/7 the caffeine of a cup of coffee.

562mg of each type of mushroom.



100% Organic, non-gmo, gluten free & Whole30

How do I make it?

Take a tablespoon of mud and drop it into your favorite mug. Pour in some hot water like you're making matcha and from here on out it's your world, we're just living in it. Some go wild and add some honey and cbd, others add our coconut and MCT creamer, and some keep it OG and drink it straight up. All you have to do next is mix it up. You can use our frother, a blender or a spoon, either way, mix that creation up real well before enjoying like the legend you are.

*These statements have not been evaluated by the Food and Drug Administration.
This product is not intended to diagnose, treat or prevent any disease.