

Traceable Purity

"Our herbals are special because we source ingredients from sustainable organic farms and use an Organic, Non-GMO extraction method without the use of conventional corn alcohol or other harsh chemicals. I'm really proud to share these with you!"

Enjoy! Love, Alicia


Alicia Silverstone

DAILY WARMTH AND HEALING[†]

Delicious **Golden Milk** has been used for centuries in Ayurvedic tradition. We've added organic coconut water to enhance hydration, a powerful blend of **organic ginger, black pepper** and **Ashwagandha** together with **organic fermented whole turmeric root** and **44mg of organic curcumin**, the key bioactive compound found in Turmeric.

Perfect for bedtime recovery and nourishment.[†]



mykind
ORGANICS

GOLDEN MILK

RECOVERY & NOURISHMENT[†]

Fermented Organic
Turmeric with Ginger
Organic Black Pepper
& Probiotics for Digestion[†]

Net Wt. 3.70 oz (105 g)

Herbal Supplement



Suggested Use: Adults mix 1 scoop (scoop included) into 8oz. warm almond milk, water or any beverage of your choice.

Supplement Facts

Serving Size 1 Scoop (3.5g)

Servings Per Container Approximately 30

	Amount per Serving	% Daily Value
Calories	10	
Total Carbohydrate	3 g	1% ¹
Dietary Fiber	1 g	4% ¹
Total Sugars	1 g	+
Includes Og Added Sugars	1 mg	0%
Iron	1 mg	6%
Potassium	50 mg	2%
Organic Golden Milk Blend	3.2 g	+
Organic Turmeric Blend [Organic Turmeric Root, Organic Turmeric Root Extract (standardized to 95% Curcuminoids, 44mg), Organic Fermented Turmeric Root], Organic Coconut Water Powder, Organic Tapioca Fiber, Organic Cinnamon Bark (<i>Cinnamomum burmanni</i>), Organic Ashwagandha (root), Organic Ginger (root), Organic Cardamom (seed), Organic Black Pepper (fruit)		
Probiotic Blend 1 Billion CFU*	4 mg	+
<i>Bifidobacterium lactis</i> B1-04 <i>Lactobacillus acidophilus</i> La-14		
¹ Percent Daily Values based on a 2,000 calorie diet. + Daily Value not established.		

Other Ingredients: Organic Flavors.

Contains: Tree Nuts (coconut).

*At time of manufacture.

CAUTION: As with any dietary supplement, consult your healthcare practitioner before using this product, especially if you are pregnant, nursing, anticipate surgery, take medication on a regular basis or are otherwise under medical supervision.

Keep out of reach of children. Store in a cool, dry place.

Do not use if safety seal is broken or missing.

Packaged by weight not volume. Settling may occur.

Made without dairy or soy ingredients, added sugars, filler ingredients, nor artificial colors, flavors, sweeteners or preservatives.

Manufactured in a facility that also processes egg, milk, soy, wheat and tree nuts.

[†]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.



**Gluten Free
& Vegan**

Distributed by Garden of Life LLC

4200 Northcorp Parkway, Palm Beach Gardens, FL 33410 USA

Certified Organic by QCS www.gardenoflife.com

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We Buy
100% Certified
Renewable
Energy



Recyclable
Bottle