



- ✓ Non GMO
- ✓ Raw, Vegan
- ✓ Grain/Soy/Dairy-Free
- ✓ Freeze-Dried
- ✓ No Added Sugar
- ✓ No Fillers

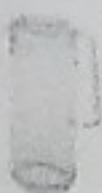
## Eclectic's POWders (Plant Originated Wellness)

Whole, raw, fresh freeze-dried plants - Nothing added.

Based on a centuries old recipe from India, Eclectic's Ayurvedic Golden Milk powder blends seamlessly with milk or your favorite nut-based beverage. We start with a base of freeze-dried turmeric organically grown in Hawaii then augment it with four other beneficial and tasty spices. Try this recipe with coconut milk, almond milk, cashew milk, rice milk, soy milk or regular milk and sweeten to taste with your favorite sweetener.

**We Start and End with Whole Herbs** – From farm to bottle, we use naturopathic wisdom and innovative processes to create exceptional products. We use 100% organic ingredients that are harvested at peak potency, and then freeze-dried in-house. Freeze-drying naturally concentrates by removing only the water, leaving the plants' nutrients in the same balance as found in nature.

1 Fill container with 8 oz milk/nut beverage



2

Add 2 tsp of powder, shake well



3

Sweeten to taste, drink and enjoy



**eclectic**  
INSTITUTE - Since 1982

# RAW Fresh Freeze-Dried GOLDEN MILK Whole Food POWder



60 g (2.1 oz) • Dietary Supplement

**Traditional Ayurvedic Recipe**



## Supplement Facts

Serving Size 2 tsp (3.3 g)

Servings per container: 18

|                                                                     | Amount per serving | %D.V. |
|---------------------------------------------------------------------|--------------------|-------|
| Organic Freeze-dried Turmeric ( <i>Curcuma longa</i> ) rhizome      | 2,700 mg           | *     |
| Organic Freeze-dried Ashwagandha ( <i>Withania somnifera</i> ) root | 170 mg             | *     |
| Organic Freeze-dried Ginger root ( <i>Zingiber officinale</i> )     | 170 mg             | *     |
| Organic Cardamom ( <i>Elettaria cardamomum</i> ) pod                | 160 mg             | *     |
| Organic Black Peppercorns ( <i>Piper nigrum</i> )                   | 100 mg             | *     |

\*Daily value not established

100% Kosher. This product is best stored tightly capped in the refrigerator after opening.

**Keep out of reach of children.** Consult your health care advisor regarding the use of this product during pregnancy, with infants, or with prescription drugs.

Eclectic Institute, Inc. 12960 SE Ten Eyck Rd,  
Sandy, Oregon 97055 503-668-4120 [www.eclecticherb.com](http://www.eclecticherb.com)  
Certified Organic by Oregon Tilth



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