



sustainable



naturopathic
physician
formulated



no fillers



no added
sugar



plant based



vegan



soy free



non gmo

TRADITIONAL RECIPE FOR PEAK PLANT POWER

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 organic turmeric 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

100% Kosher. Keep out of reach of children. Discontinue use if unusual symptoms occur. Consult your health care advisor about herbs with pregnancy, infants or prescription drugs.

* This statement has not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.



eclectic herb

FREEZE DRIED FRESH

golden milk

FOR PEAK PLANT POWER

60 g (2.1 oz)

Dietary Supplement



SUPPLEMENT FACTS

Serving Size: 2 tsp (3.3 g)
Servings per container: 18

	Amount per serving	%DV
Turmeric (organic rhizome)	2700 mg	†
Ashwagandha (freeze-dried organic root)	170 mg	†
Ginger (freeze-dried organic rhizome)	170 mg	†
Cardamom (organic pod)	160 mg	†
Black pepper (organic peppercorns)	100 mg	†

† Daily value not established

SUGGESTED USE: Add 2 teaspoons to 8 oz milk or nut beverage and stir well. Sweeten to taste with maple syrup, honey or other sweetener. Store in fridge after opening.

www.eclecticherb.com

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