

# SUPERFOODS

BY **MRM** NUTRITION

# ORGANIC ASHWAGANDHA ROOT POWDER



ANCIENT ADAPTOGEN  
NET WT. 4 OZ (113 G)



Directions: Add 1 serving to water, juices, smoothies, and other recipes.

## Nutrition Facts

113 servings per container  
Servings size 1/2 tsp (1g)

Amount Per Serving  
**Calories 5**

|                          | %Daily Value* |
|--------------------------|---------------|
| Total Fat 0g             | 0%            |
| Saturated Fat 0g         | 0%            |
| Trans Fat 0g             | 0%            |
| Cholesterol 0mg          | 0%            |
| Sodium 0mg               | 0%            |
| Total Carbohydrates 1g   | 0%            |
| Dietary Fiber 0g         | 0%            |
| Total Sugars 0g          | 0%            |
| Includes 0g Added Sugars | 0%            |
| Protein 0g               | 0%            |
| Vitamin D 0mcg           | 0%            |
| Calcium 0mg              | 0%            |
| Iron 0.2mg               | 0%            |
| Potassium 10mg           | 0%            |

\*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.

Ingredients: Organic Ashwagandha Root Powder.

UNTOUCHED nature mesmerizes me how it lives in harmony within itself; plants, animals and microorganisms, all intertwined in a sometimes chaotic yet cyclical unity. This perspective shaped my childhood and evolved into a quest for knowledge of ethnobotany (study of the relationships between peoples and plants). I'm humbled that this exploration allowed me to build a line of natural health products.

At MRM, we are inspired by nature and utilize science as a tool to learn, incorporate, support and educate what the natural world has to offer.

Respectfully, these Superfoods are the foods our ancestors thrived on, not today's foods we survive on.

Many Thanks,

Mark Olson  
Founder of MRM

## WHAT IS ASHWAGANDHA?

|                           |                                                                                                                   |
|---------------------------|-------------------------------------------------------------------------------------------------------------------|
| <b>NAME:</b>              | Ashwagandha Root Powder, Withania somnifera, aka Indian Ginseng                                                   |
| <b>COUNTRY OF ORIGIN:</b> | India                                                                                                             |
| <b>CLIMATE:</b>           | Temperate                                                                                                         |
| <b>PLANTS USED:</b>       | Root                                                                                                              |
| <b>NUTRIENTS:</b>         | Antioxidants, Minerals, Withanolides                                                                              |
| <b>ETHNOBOTANY:</b>       | Used in Ayurvedic medicine to help the body adapt to stress and restore balance to physical and mental wellbeing. |

## RECOMMENDED USES

USE 1 SERVING PER DAY.



SMOOTHIES



YOGURT/CEREAL



BEVERAGES

## DOES NOT CONTAIN

- Gluten.
- Preservatives.
- Refined Sugar.
- Sugar Alcohols.
- Animal Products.
- Fillers or Additives.
- Artificial Ingredients.

Manufactured for MRM®  
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Certified Organic by ECOCERT SA



Contains NO added milk, egg, soy, peanut, tree nut, fish, shellfish, wheat, gluten or yeast ingredients.

This product is manufactured in a facility that processes other products that contain milk or egg.

Contains a non-toxic moisture absorber to help maintain freshness. Do not eat. Store product in a cool, dark, and dry place.



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