



SUPERFOODS



ORGANIC **ASHWAGANDHA ROOT** POWDER



ANCIENT ADAPTOGEN NET WT. 4 OZ (113 G)







113 servings per container Servings size

Calcium Omg

ron 0.2mg



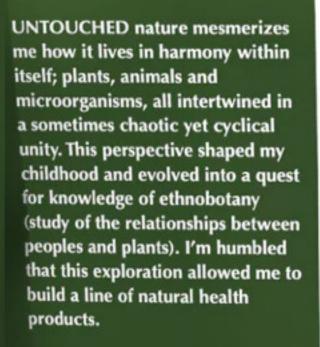
1/2 tsp (1g)

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

Nutrition Facts

| Amount Per Serving Calories | 5 |
|------------------------------|---------------|
| | %Daily Value* |
| Total Fat 0g | 0% |
| Saturated Fat Og | 0% |
| Trans Fat Og | |
| Cholesterol Omg | 0% |
| Sodium 0mg | 0% |
| Total Carbohydrates 1g | 0% |
| Dietary Fiber 0g | 0% |
| Total Sugars 0g | |
| Includes 0g Added Sugars | 0% |
| Protein 0g | |
| Vitamin D. Omco | 0% |

Ingredients: Organic Ashwagandha Root



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,



WHAT IS ASHWAGANDHA?

| NAME: | Ashwagandha Root Powder, Withania somnifera, aka Indian Ginseng |
|--------------------|---|
| COUNTRY OF ORIGIN: | India |
| CLIMATE: | Temperate |
| PLANTS USED: | Root |
| NUTRIENTS: | Antioxidants, Minerals, Withanolides |
| ETHNOBOTANY: | 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

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Certified Organic by ECOCERT SA



DOES NOT CONTAIN

O Gluten.

Preservatives.

Refined Sugar.

Sugar Alcohols.

Animal Products.

○ Fillers or Additives.

Artificial Ingredients.

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.



