



Ashwagandha Latte Mix

AYURVEDIC
Cooking Essentials

SUPPORTING YOUR AYURVEDIC LIFESTYLE

Dietary Supplement
2 oz • 56.6g



How to Make

1 ½ teaspoons Ashwagandha Latte Mix
8 ounces preferred milk

Ashwagandha Latte Mix is a delightful way to get your daily dose of herbal adaptogens. This rejuvenating blend is caffeine-free and can be enjoyed at any time of day.

Preparation:

In a small pot, combine 1 ½ tsp. Ashwagandha Latte Mix with 8 oz. of your preferred milk. Gently heat. Pour into your cup, sweeten to taste, and enjoy! Note: the mix will evenly disperse into the milk rather than dissolve.

Makes 1 serving

Not to be used during pregnancy. If you are nursing, taking medications, or have a medical condition please consult with your health care provider prior to the use of this product. Keep out of the reach of children.



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Supplement Facts

Serv Size: 1 ½ tsp Servings: 14

Amount Per Serving

Proprietary Blend 1 ½ tsp**

Maple sugar *Acer saccharum**,
Ashwagandha root *Withania somnifera**,
Velvet Bean seed (Kapikacchu) *Mucuna pruriens**†, Shatavari root *Asparagus racemosus**†, Burdock root *Arctium lappa**, Cinnamon bark *Cinnamomum verum**, Cardamom seed *Elettaria cardamomum**, Chebulic Myrobalan fruit (Haritaki) *Terminalia chebula**†

+Certified Organic

†Fair for Life Fair Trade certified:
24% of all ingredients

**Daily Value Not Established

Lot No. XXXXXX

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