

North American
Herb & Spice

Dietary Supplement



Wild & Organic AshwaMilk

Ashwagandha root extract

with organic, raw yacon powder

Supports healthy energy & power*

Supports healthy adrenal & thyroid function*

NET WT. 3.5 OZ. (100 grams)

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Wild & Organic AshwaMilk

AshwaMilk Recipe #2:

1 cup nut milk or milk of your choice
1/2 tsp. to 1 tsp. AshwaMilk
1/2 tsp. organic butter or coconut fat
1 tsp. raw honey (optional)

On medium heat bring mixture of milk and AshwaMilk to a simmer. Continue simmering on low heat for three minutes or more, stirring occasionally. Mixes best with a wire whisk. When done, add fat, sweeten as desired and serve.

AshwaMilk is the energizing power of wild, raw, organic ashwagandha root extract. This extract is far more potent than typical ashwagandha supplements. AshwaMilk is a true water- and alcohol-free extract, which has a high potency unmatched in other formulas. Ashwagandha is one of the key Ayurvedic adaptogenic roots, long known for its powers in aiding vital force and also as an aphrodisiac.* Fight back against stress and low energy, plus much more, with this delicious, nourishing milk mix.* It's a ready drink mix, naturally sweetened with organic, Peruvian yacon powder, which, as a prebiotic, supports a healthy digestive response and also healthy intestinal function.*

AshwaMilk Recipe #1:

1 cup nut milk or milk of your choice
1/2 tsp. to 1 tsp. AshwaMilk

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Supplement Facts

Serving size: 1 tsp. (2.8g) Servings per container: 36

Amount Per Serving	% Daily value
Calories 0	Calories from fat 0

Vitamin A 0%	Vitamin C 0%	Iron 0%	Calcium 0%
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*% Daily Values based on a 2000 calorie diet

*Contains less than 2% of the daily value of this nutrient.

Ingredients: organic, wild ashwagandha root extract powder, raw, organic yacon root powder, organic Jerusalem artichoke powder

Mfd. for North American Herb & Spice
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