



Amazing Superherb
Add to Water
Coconut Water & Juice
Smoothies & Tonics
Yogurt & Berries
Desserts & More

PREMIUM
SUPERFOODS
CONSCIOUS
SOURCING

ASHWAGANDHA ROOT POWDER

SANSKRIT NAME MEANS "THAT WHICH IMPARTS THE STRENGTH OF A STALLION"
SUSTAINABLY GROWN AND HARVESTED
A TRADITIONAL AYURVEDIC TONIC*



DIETARY SUPPLEMENT
NET WT. 7 oz (200 g)



See organictraditions.com for more great superfoods

Resealable

SUPERHERBS

Organic
traditions®

ASHWAGANDHA
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Supplement Facts

Serving Size 5 g (1 teaspoon)
Servings Per Container 40

Amount Per Serving	% Daily Value
Organic Ashwagandha (<i>Withania somnifera</i>) Root Powder	5g ^

* Daily Value (DV) not established



Produced in a facility that processes tree nuts.
May contain tree nuts.

* 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.

ASHWAGANDHA ROOT POWDER

Ashwagandha is also known as the Indian Ginseng because its actions and uses are similar to those of Chinese Ginseng. While it is one of the most commonly used roots in traditional Ayurvedic Medicine for increased stamina, it has also been used to promote a calm mind and encourage sleep.* It is extensively used in India as a daily tonic and home remedy.* Its Sanskrit name means "that which imparts the strength of a stallion," a name that suggests its traditional usage.



Add 1 teaspoon of Ashwagandha powder to water, coconut water, juice, smoothies, desserts, artisanal chocolate bars, on top of yogurt or in any other recipe. Create a delicious smoothie by blending 1-2 Teaspoons of Ashwagandha with Organic Traditions Sprouted Chia Powder, Organic Traditions Shredded Coconut, Organic Traditions Maca X-6, Organic Traditions Goji Berries, Natural Traditions Rice Bran and Germ, Organic Traditions Golden Berries, Organic Traditions Baobab Powder, Organic Traditions Chlorella & Spirulina, Organic Traditions Wheat Grass Juice Powder, Organic Traditions Vanilla Powder and any other Organic Traditions Superfoods or Superfruits with sufficient water (3-6 cups) to achieve the desired consistency. For a more concentrated form of Ashwagandha use Organic Traditions Ashwagandha Smoothie Booster™ powder which is a dual extract of supercritical CO2 and hydroethanolic extract in an easy to use, semi-soluble powder.

— *Withania somnifera* —

Organic Nutrition From Around The World

At Organic Traditions we provide nutrient dense superfoods from many healing traditions. We are committed to supporting farmers who are dedicated to the principles of sustainable and fair trade agriculture. Now more than ever we need to nourish ourselves with superfoods, herbs, seeds and fruits packed with the nutrition needed to support the challenges that come with living in a fast paced world. Be adventurous. These superfoods are versatile. Incorporate them into recipes in any creative way you see fit. At every meal you have the opportunity to choose dense nutrition. Food is powerful. Make choices for a better you and a better planet.



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