

Organic Traditions® is committed to offering nutrient dense superfoods from many healing traditions around the world. Discover over 100 superfoods and fuel yourself at the highest level possible.

www.organictraditions.com

Supercharge Your Water, Drinks and Smoothies And Power your Life With The Wisdom Of Ashwagandha

Organic Traditions® Herbal Water and Smoothie Booster concentrated powders offer a refreshing alternative to sugar-laden, artificially flavored beverages. Stay hydrated while boosting your water, favorite beverage or smoothie with the many benefits of these incredible herbs. Satisfy your thirst and ignite your being.*

Infuse Your Day With The Concentrated Power Of Ashwagandha In An Easy To Use, Full Spectrum Powder

Our proprietary full spectrum process gently extracts the full array of phytonutrients using a combination of supercritical CO2 extraction (fat soluble compounds) and hydroethanolic extraction (water soluble compounds) offering the complete signature of the herb in its most potent and pure form. No harsh solvents or high heat are used in the process. These free flowing, concentrated, semi-soluble powders can be added to water, coconut water, juice, any drink, smoothie or shake.

Add Smoothie Booster to Water, Smoothies or Juice. Shake & Enjoy!



The Complete Signature of the Herb Supercritical CO₂ Plus Hydroethanolic Extract

Herbs contain a wide array of key compounds. Some of these valuable compounds such as resins and essential oils are fat-soluble, while compounds such as polyphenols and polysaccharides are water-soluble. Designed by nature, these compounds work in a magical synergy. Extracting one set of compounds simply does not offer the full majesty and potential of the plant. Turmeric for example contains beneficial turmerones, which are fat-soluble as well as water-soluble flavonoids. In order to represent the complete signature of the herb, Organic Traditions® Herbal Smoothie Booster concentrated powders combine Supercritical CO₂ extracts and Hydroethanolic extracts in an easy to use, semi-soluble powder form.

Warm Herbal Infusions

Make warm tea-like infusions by adding ½ - ¼ of a teaspoon of powder to 16-32 oz of warm water (not boiling) and a natural sweetener of your choice such as Organic Traditions Yacon Syrup.



Whisk vigorously as if making a matcha tea and enjoy.

While some herbs are extremely pleasant and delicious such as Holy Basil and Cinnamon, many of these herbs such as Brahmi and Shatavari have bitter or pungent taste profiles. Use your favourite juice or smoothie for the stronger herbs and a natural sweetener of your choice such as Organic Traditions Yacon Syrup.

At Organic Traditions® the desire to go green within is bound to a commitment to preserve and protect our precious planet. We support farmers who are dedicated to the principles of sustainable agriculture.

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Supplement Facts

Serving Size 0.75g (¼ teaspoon)
Servings Per Container 44

Amount per serving	%DV
Organic Ashwagandha (<i>Withania somnifera</i>) Hydroethanolic extract	682.5 mg †
Organic Ashwagandha (<i>Withania somnifera</i>) CO ₂ extract	37.5 mg †
† Daily Values (DV) not established	

Other Ingredients: Silicon Dioxide

Suggested Use: Add ¼ - ½ tsp. to 16-32 oz of water, juice, smoothies or any other recipe. Dietary supplements should not be a replacement for a varied and balanced diet, and a healthy lifestyle. Don't exceed the recommended daily usage. Store in a cool and dry place.

CAUTION: As with any dietary supplement, you should advise your healthcare practitioner of the use of the product. If you are nursing, pregnant or considering pregnancy, you should consult your healthcare practitioner prior to using this product. Keep out of reach of children.

* 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.

Contains an oxygen absorber. Do not consume.

¼ teaspoon provided

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Health Matters: America Inc.
2501 Broadway St., Unit 2, Cheektowaga, NY 14227
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Herb To Extract Ratio:
Supercritical CO₂ Extract – 120:1
Hydroethanolic Extract – 5:1

Composition:
Supercritical CO₂ Extract – 5%
Hydroethanolic Extract - 91%
Silicon Dioxide – 4%

Key Components:
Total Withanolides: 2.87%

Part Used:
Dried Mature Roots



ASHWAGANDHA SMOOTHIE BOOSTER™

Concentrated Ashwagandha Powder Water & Smoothie Booster

20 g of Fresh Ashwagandha = ¼ tsp. of Powder

Supercritical Plus Hydroethanolic Dual Extraction

Infuse Your Beverage Enhance Your Day* Easy to Use Powder



Dietary Supplement NET WT. 1.15 oz (33 g)

