

North American
Herb & Spice



Organic TurmaMilk *Golden Milk Mix*

TURMERIC MILK FORMULA

with Aromatic Turmeric Powder

Plus Organic Ginger & True Ceylon Cinnamon

Dietary Supplement 5.5 OZ. (130 grams)

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In the lush surroundings of southern India and Sri Lanka the most aromatic spices known are hand-harvested. TurmaMilk Golden Milk Mix is a combination of certified organic turmeric powder plus certified organic true Sri Lanka cinnamon and organic ginger. That's why TurmaMilk Mix makes the most delicious, fragrant turmeric milk possible, known as Golden Milk. Dense in powerful phytochemicals, our rich TurmaMilk Mix is a unique, potent spice complex; commercial types cannot compare. Made by traditional methods, this organic turmeric is ultra-high in special, potent aromatic oils, the turmerones. Organic ginger is high in novel compounds known as gingerols. TurmaMilk Mix supports a healthy inflammation response plus a healthy digestive response. The turmeric in TurmaMilk is dense in curcumin at 5% or greater. This is why it is so delicious and makes the most luscious, healthy turmeric milk possible. Enjoy it also in food. It's the power of the organic spice miracle—enjoy for your better health.

Golden Milk Recipe:

1 cup nut milk or milk of your choice
1 tsp. TurmaMilk Golden Milk Mix
1 tsp. organic butter or coconut fat
1 or 2 tsp. raw honey or raw yacon syrup

On medium heat bring mixture of milk and TurmaMilk Golden Milk Mix to just before boiling. Simmer on low heat for five minutes or more, stirring occasionally. When done, add fat, sweeten as desired and serve.

Mfd. for North American Herb & Spice
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Supplement Facts

Serving size: 1 tsp. (2.8g) Servings per container: 46

Amount Per Serving	% Daily value
Calories 12	Calories from fat 0
Total Carb 2.4g	1%

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

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

Ingredients: organic turmeric root powder, organic & wild true Ceylon cinnamon powder, organic ginger powder (certified organic status in process).
Made with Non-GMO ingredients.

