



**FUNCTIONAL TEAS & SUPERFOOD BLENDS FOR A HEALTHIER BODY AND MIND NATURALLY**

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**GOLDEN MOON LATTE – TURMERIC ASHWAGANDHA LATTE MIX POWDER BLEND WITH  
MAGNESIUM GLYCINATE AND CHAI SPICES**

This delicious blend is inspired from the 3000 – 4000 year old Golden Moon Milk Ayurvedic recipe that has been used for relaxation and calm. It has been crafted by the founder to make it more delicious – with a chai like taste – and fortified with magnesium glycinate for a little added extra.

All the herbs and spices used are natural and there are no added sugars or milk powders in this product. This golden blend is packed in a paper tube that can be recycled and is plastic free. It makes for a perfect thoughtful gift.

*Ingredients:*

Turmeric, Ashwagandha Root, Ginger, Black Pepper, Cinnamon, Cardamom, Star Anise, Magnesium Glycinate

*Allergens:*

May contain traces of tree nuts, peanuts, soya, sesame, eggs, milk, mustard, celery, gluten, sulphites

*Storage:*

Store in a cool dry place away from light in an air tight container

### *Nutritional Information:*

Energy(kcal): 290

Energy(kJ): 1216

Fat:1.5g

(of which saturates): 0.9g

Carbohydrate: 77.2g

(of which sugars): 3.5g

Fibre: 31.5g

Protein: 7.8g

Salt: 0.2g

Magnesium (per 1 tsp/5g): 36.9mg (10% NRV)

### *How to Prepare:*

Add 1/2 tsp of this blend to a pan on a low flame, add a bit of hot water to mix. Add your choice of milk (oat milk recommended for a natural sweetness) and warm up until hot.

Alternatively, prepare in the microwave. Add ½ tsp of this blend to a glass, add hot water and mix. Add milk and warm up in microwave. (The hot water and milk can be adjusted depending on how creamy you like it – just like a coffee!)

### *Testimonials:*

"This tastes unbelievably delicious"

"What's good for you doesn't always taste good, but this actually tastes good"

"This actually tastes like a chai latte, I love chai lattes"

"It is really smooth"

"I like that this doesn't have any sugar like other blends"