

Feel your best, naturally.

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## Cacao + Mushroom Super Blend

Made with rich Cacao, this indulgent elixir supports relaxation\* and offers the perfect moment to unwind.

### How to make

1. Add 7g (3 teaspoons or 1 ritual scoop) to your cup.
2. Pour in a splash of hot water and whisk until smooth.
3. Heat (and whisk) your favourite milk, then pour over your Cacao blend.

Whatever you pour - oat, almond, coconut, or dairy - it's smooth, creamy, and delicious every time.

Top tip: Try food for a refreshing choice.

### How it works

\*Zinc contributes to the maintenance of healthy skin, hair and nails; Vitamin C contributes to normal collagen formation for the normal function of skin. Vitamin B6 contributes to the regulation of hormonal activity. Lemon balm contributes to optimal relaxation. With Reishi and Tremella, traditionally used in Chinese medicine.

Advice: Suitable for adults only. Take 1-2 servings daily. Do not exceed 2 servings per day. Food supplements should not replace a varied and balanced diet. Not recommended if you are pregnant or breastfeeding. Do not use if seal is broken. Best before: see back of pack.



Nutritional Information		Per 7g serving	Per 100g
Energy kJ		108kJ	1448kJ
Energy kcal		26kcal	346kcal
Fat		1.0g	14.5g
of which saturates		0.3g	18.6g
Carbohydrates		2.0g	28.1g
of which sugars		0.3g	0.8g
Protein		1.4g	20.8g
Salt		0.03g	0.23g
Fibre		2.4g	28.0g

	Per 7g serving	%NRV*
Vitamin C	40mg	50%
Vitamin B6	0.98mg	70%
Magnesium	100mg	27%
Zinc	10mg	100%
L-Glycine	600mg	-
Reishi Mushroom (from 4:1 extract)	eq. to 1000mg	-
Tremella Mushroom (from 8:1 extract)	eq. to 1000mg	-
Lemon Balm (from 4:1 extract)	eq. to 1000mg	-

\*Nutrient Reference Value (1) NRV not established

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Best before

Batch code



Enhanced Cacao Blend with Vitamins, Adaptogens and Natural Extracts (Food Supplement). Ingredients: Cacao Powder (Theobroma Cacao 100%), Vegan Coconut Milk Powder (Cocos Nucifera, Gum Acacia), Acacia Fibre, L-Glycine, Magnesium (as Magnesium Bisglycinate), Mushroom Powder (Boletus Edulis), Mushroom Fruiting Body Extract (10% Polysaccharides), Ganoderma Lucidum, Tremella Fuciformis Fruiting Body Extract (20% Polysaccharides), Reduced Fat Cacao Powder, Lemon (as Ascorbic Acid), Zinc (as Zinc Citrate Dihydrate), Vitamin B6 (as Pyridoxine HCl).

Storage: Store in a cool, dry place away from direct sunlight. Keep out of reach of children. **200g e**