

ALL INGREDIENTS

Natural Unrefined Cane Sugar, Ground Cinnamon, Ground Turmeric, Ground Ginger, Ashwagandha Powder (6%), Ground Cardamom, Ground Fennel, Ground Black Pepper.

ALLERGY ADVICE: For allergens, see ingredients in **Bold**

Product is not suitable for people with **Soya, Celery, Mustard** and **Sulphite** allergy.

KEY INGREDIENTS

Ashwagandha (aka Indian ginseng or winter cherry) is an ancient medicinal herb, one of the most important in Ayurveda, an ancient Indian medicinal system, developed over 2,000 years ago, which promotes the balance between mind, body and spirit, viewing food as medicine. Ashwagandha is helpful in increasing energy levels and reducing inflammation and pain.

Turmeric contains curcumin, an active ingredient with potent biological properties. Research suggests that turmeric can reduce the risk of cancer, and improve the liver. Turmeric is antibacterial, antimicrobial, anti-inflammatory, and antioxidant.

Jaggery has gained acknowledgement as a nutraceutical, attributed to its rich composition of essential amino acids, antioxidants, phenolics, as well as minerals such as calcium, phosphorus, iron, and various vitamins. Historically, it has been consumed as a supplement, particularly by individuals with anaemia.

NUTRITIONAL FACTS

Nutritional facts Values are per serving (and per 100g)

Calories: 18 kcal (365 kcal); Fat: 0g (2.5g); of which saturates: 0g (0.6g); Carbohydrate: 3.6g (73g); of which sugars: 2.5g (51g); Fibre: 0.8g (17g); Protein: 0g (4.3g); Salt: 0g (0.11g); Manganese: 0.3367mg (6.7mg).

HEALTH BENEFITS

Manganese contributes to normal energy-yielding metabolism and the formation of connective tissue. It further contributes to the maintenance of normal bones and the protection of cells from oxidative stress.