

North American
Herb & Spice

Wild

TurmaGold

Golden Milk Mix



Aromatic turmeric powder plus organic ginger & true Ceylon cinnamon

In the lush surroundings of southern India and Sri Lanka the most aromatic spices known are hand-harvested. TurmaGold Golden Milk Mix is a combination of certified wild, organic turmeric powder plus certified organic true Sri Lanka cinnamon and organic ginger. That's why TurmaGold Mix makes the most delicious, fragrant turmeric milk possible, known as Golden Latte. Dense in powerful phytochemicals, our rich TurmaGold 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. TurmaGold Mix supports a healthy inflammation response plus a healthy

digestive response. The turmeric in TurmaGold 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 Latte Recipe:

- 1 cup nut milk or milk of your choice
- 1 tsp. TurmaGold 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 TurmaGold Golden Latte 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.

