

# WHAT'S IN IT?



## MATCHA ENERGY AND MEMORY

\*Ceremonial-grade matcha tea powder delivers an energy kick with only 30 mg of caffeine. With naturally occurring L-theanine, caffeine is released gradually to avoid caffeine spikes. Studies have found that matcha consumption results in improvements in attention, memory and may help decrease stress levels.



## LION'S MANE CLARITY AND WELLBEING

\*Lion's Mane has been studied to enhance mental clarity, clear up brain fog, protect brain function, boost mood and promote overall wellbeing. This mushroom has powerful anti-inflammatory and antioxidant properties to support healthy digestion, heart and circulatory systems.



### ALSO INCLUDES:

- True Cinnamon
- Cardamom
- Ginger
- Chili
- Vanilla
- Black Pepper



## TURMERIC

### POWERHOUSE ANTI-INFLAMMATORY

\*Turmeric is being extensively studied for its anti-inflammatory and antioxidant properties, which suggest that daily consumption may lower the risk of heart disease, cancer and arthritic conditions, as well as support healthy brain function.

[MYNATURESHARVEST.COM](http://MYNATURESHARVEST.COM) [mynaturesharvest](https://www.instagram.com/mynaturesharvest)

Our turmeric has **5% CURCUMIN**

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

## A WHOLE LOTTA GOODNESS



# WAYS TO HAVE IT

## Classic



## Smoothie



## Juice



## Iced



Have you tried?



## TRY IT ON YOUR FOOD

- ✔ ICE CREAM
- ✔ DESSERTS
- ✔ GRANOLA
- ✔ RICE
- ✔ MUFFINS

For more recipe ideas scan the QR code below.

**WE CREATE PRODUCTS THAT ARE GOOD FOR YOU, GOOD FOR THE COMMUNITY & GOOD FOR THE PLANET.**

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**TURMERIC**  
POWERHOUSE ANTI-INFLAMMATORY  
\*Turmeric is being extensively studied for its anti-inflammatory and antioxidant properties, which suggest that daily consumption may lower the risk of heart disease, cancer and arthritic conditions, as well as support healthy brain function.



**TRUE CINNAMON**  
BALANCE BLOOD SUGAR

\*True Cinnamon's superior antioxidant and anti-inflammatory qualities have been researched to improve some key risk factors for heart disease, including cholesterol, triglycerides and blood pressure as well as help balance blood sugar levels.



**GINGER**  
DIGESTION & IMMUNITY

\*Ginger is traditionally used to relieve nausea and morning sickness. It's anti-inflammatory properties may also help with muscle pain and help lower risk of infections.



**WHOLE GROUND VANILLA**  
MOOD AND BRAIN HEALTH

\*Vanilla has been used for centuries and regarded as a "superfood" for enhancing mood and brain health.



**CARDAMOM**  
GUT HEALTH AND DETOX

\*Cardamom is similar to ginger in its traditional use for digestive concerns, while also being thought of as a detoxifier and antioxidant.



**CHILI**

METABOLISM AND CIRCULATION  
\*Chili has been found in studies to decrease pain and inflammation, help control weight by stimulating metabolism and improve immunity with its antioxidant content.



**BLACK PEPPER**  
NUTRIENT ABSORPTION

\*Black pepper has been shown to enhance nutrient absorption and bio-availability of turmeric, as well as improve digestion.



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## WAYS TO HAVE IT

MILK OF CHOICE  
**CLASSIC**



**SMOOTHIE**



**COFFEE**



**JUICE**

**TRY IT ON YOUR FOOD**

- POPCORN
- OATMEAL
- ROASTED VEGETABLES
- RICE

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# WHAT'S IN IT?



**CORDYCEPS**  
SHIELD & PROTECT

Cordyceps mushrooms are immune system modulators that help give your immune system the best support. The anti-inflammatory and antioxidant properties of cordyceps have shown to improve physical performance and encourage healthy sleep. It has been used in traditional Chinese medicine for fatigue, sickness, kidney disease and low libido. \*#3,7



**LIONS MANE**  
CLARITY & WELLBEING

Lion's Mane has been studied to enhance mental clarity, clear up brain fog, protect brain function, boost mood and promote overall well-being. The mushroom has powerful anti-inflammatory and antioxidant properties to support healthy digestion, heart and circulatory systems. \*#1, 3



ALSO INCLUDES:

- Turmeric
- Cloves
- Cardamom
- Nutmeg
- Ginger
- Chili
- True Cinnamon
- Whole Ground Vanilla
- Black Pepper

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**REISHI**

BALANCE & HARMONY  
Reishi may be able to do it all: restore balance to both body and mind. Traditionally Reishi has been used to reduce stress and anxiety and encourage better quality sleep. Reishi balances hormone levels, blood sugar levels and the immune system, plus, it may improve heart and liver function and fight cancer, diabetes, and asthma. \*#2



**CHAGA**

ENERGY & VITALITY  
Chaga's anti-inflammatory and antioxidant properties have demonstrated improvement in physical performance, endurance and increasing your daily energy levels. This antioxidant powerhouse can restore gut health and promote healthy glowing skin. Chaga really is a nutrient dense superfood helping to balance cholesterol levels and prevent and fight cancer and viruses. \*#2

**TURKEY TAIL**

RESTORE & INVIGORATE

Research shows Turkey Tail feeds beneficial bacteria in the gut, prevents infections, regulates cholesterol, and combats cancer cells. New clinical trials have demonstrated that patients with certain cancers that consumed Turkey Tail have improved quality of life following surgery or chemotherapy as well as extended survival rates. \*#4

## WAYS TO HAVE IT

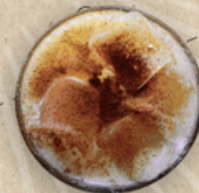
**Classic**



**Smoothie**



**Hot Chocolate**



**Coffee**

**TRY IT ON YOUR FOOD**

- OATMEAL
- POPCORN
- SOUP
- MUFFINS & COOKIES

For more recipe ideas scan the QR code below.