

NOW AVAILABLE IN SOUTH AFRICA

# HARNESSE HEALING ENERGY WITH BUDDHA CHAKRA TEAS



## Averyedic Golden Milk Blend

Developed from an Ayurvedic recipe that has been respected and enjoyed for thousands of years, our Golden Milk powder provides the satisfying, and delicious ingredients to prepare a comforting beverage meant to support the body and mind. This special, turmeric-dominant blend includes: ginger root and black pepper to aid digestion; ashwagandha to tonify, energize, and calm; and cardamom, nutmeg, and vanilla bean, all meant to encourage rejuvenation and peace. Lightly sweetened with coconut sugar, all you need to do is mix with your favorite milk, find a cozy corner, and enjoy.

Of the many benefits Golden Milk provides, improving physical and mental well-being could be considered the umbrella. Perhaps even more notable is the fact that regularly drinking Golden Milk has the potential to lessen your chance of becoming ill in the first place.



- Balances inflammation
- Gently detoxifies
- May repair damaged cells
- Supports the nervous system
- May help regulate blood sugar
- May increase strength and energy
- Facilitates calmness
- Promotes sound, restful sleep



Buddha Teas are distributed in South Africa by Pro Reliant Trade and Investments (Pty) Ltd.

Email: [karmen.proreliant@gmail.com](mailto:karmen.proreliant@gmail.com)

For more information visit our website [www.buddhateas.co.za](http://www.buddhateas.co.za)



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