



# Golden Latte



**Amazonia Golden Latte**  
**100g RRP \$19.95**

## Warming & Delicious

- Traditional Ayurvedic Spices
- Anti-Inflammatory
- Antioxidant Rich

### KEY FEATURES

- Ayurvedic Spices
- 95** 95mg Active Curcumin in each Latte
- Vegan & Gluten Free
- Caffeine Free
- No Added Sugar
- Certified Organic

## PRODUCT DESCRIPTION

Amazonia Golden Latte is a warming spice blend inspired by the Ayurvedic 'Golden Milk' tradition. Turmeric has a vibrant colour and full-bodied flavour and is known for its anti-inflammatory and antioxidant properties. Combined with nourishing Ayurvedic spices Cinnamon, Clove and Ginger, Amazonia Golden Latte is a delicious and comforting health blend.

## BENEFITS

### Organic Turmeric

Turmeric is a vibrant, yellow spice native to India, used for centuries in ancient Ayurvedic medicine. Turmeric contains an active compound called Curcumin. Curcumin is a potent antioxidant and is known for being a powerful anti-inflammatory. Each serve of Amazonia Golden Latte contains 2.3g Turmeric and 95mg Curcumin.

### Organic Cinnamon

Cinnamon is an ancient spice, with a delicious warming taste. It is high in a substance called, cinnamaldehyde which is responsible for its invigorating health benefits, such as digestive support and metabolism. It also contains high amounts of the antioxidant group, polyphenols.

### Organic Ginger

Ginger has a long history of use as a culinary and medicinal spice. This powerful, spicy root warms and invigorates the body, helps to settle the stomach and aids digestion.

### Himalayan Pink Salt

Rich in minerals and trace elements Himalayan Pink Salt brings out the flavours of the spices.

### Organic Black Pepper

Typically, the Curcumin in Turmeric is difficult for the body to absorb. Black Pepper is traditionally used in combination with Turmeric as the active in Black Pepper (Piperine) increases the bioavailability of Curcumin, allowing the body to more easily absorb it.



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## NUTRITIONAL INFORMATION

Servings per container: 20 / Serving size: 5g

Typical Composition	Avg. qty. per 5g	Avg. qty. per 100g
Energy (kJ) (kcal)	66kJ 15kcal	1310kJ 303kcal
Protein	0.5g	10.6g
Fat - Total	0.2g	3.4g
Saturated Fat	0.05g	0.9g
Carbohydrates		
- Total	3.0g	60.5g
Sugars	0.8g	15.4g
Sodium	1.1mg	22mg
Curcumin	95.5mg	1910mg
Black Pepper	10mg	200mg



## COMPANION PRODUCT

For protection on the go we recommend Raw Flu Fighter

## DIRECTIONS

Mix 5g (1 teaspoon) with 200ml of warmed non-dairy milk. Sprinkle with cinnamon and sweeten with honey (if desired). To serve cold, mix 1 teaspoon with a splash of hot water and honey (if desired). Stir to form a paste then add chilled non-dairy milk.

## INGREDIENTS

Organic Turmeric\*, Organic Mesquite\*, Organic Cinnamon\*, Organic Clove\*, Organic Ginger\*, Natural Vanilla Flavour, Himalayan Pink Salt, Organic Black Pepper\*. \*Certified Organic.

## WARNING

Do not consume the enclosed absorbent device

## FREE FROM: (at input)

No Gluten, Dairy, Soy, Corn, Additives, Preservatives & GMOs\*

## FREQUENTLY ASKED QUESTIONS

### How does this differ to Turmeric Spice?

Amazonia Golden Latte is Certified Organic and includes Standardised Turmeric to contain 95mg of the active ingredient (Curcumin) in each latte. Plus with the addition of black pepper known to assist absorption of Curcumin and a blend of traditional Ayurvedic spices to gently stimulate and invigorate the body.

### What makes Amazonia Golden Latte different from competitor products?

Amazonia Golden Latte has no added sugar (or sweeteners), flavours, preservatives or stabilisers, ingredients common in hot drink powders. It also contains a unique blend of ancient Ayurvedic spices. Our ingredients are 100% natural, honest and authentic providing a rich full flavour and maximum nutrition. Amazonia Golden Latte is also certified organic and vegan.

### What is Ayurveda?

Ayurveda is an ancient system of holistic medicine, based on the idea of achieving balance using diet, herbal treatments, meditation and yoga. Ayurveda uses traditional herbs and spices, termed as Ayurvedic herbs and spices.