

ORGANIC GOLDEN MAGIC™

Product Education
www.newspirit.com



A DAILY WELLNESS BEVERAGE

Organic Golden Magic is a modern blend of traditional golden milk that has been used for centuries in Ayurvedic and traditional Chinese Medicine practices. Organic Golden Magic's delicious proprietary blend contains energy dense Organic Coconut MCT's, Organic Ashwagandha, Organic Turmeric and Organic Reishi Mushroom all combined with a powerful blend of traditional herbs and spices to provide nutritional support for total body rejuvenation.

Organic Golden Magic is the perfect choice for daily nourishment, rejuvenation, and recovery!

SUPPORTIVE SPICE BLEND

1. Organic Ginger (*Zingiber officinale*)

A staple of Asian and Indian cuisine, it packs a powerful punch by containing vitamin C, magnesium, and potassium as well as a potent compound called gingerol. Gingerol has antioxidant properties and has been used to reduce nausea, improve blood sugar regulation (25) and inhibit bacteria growth. (26)

2. Organic Cardamom (*Elettaria cardamomum*)

An Indian "Queen of Spices" of the Zingiberaceae (ginger) family, Cardamom is slightly spicy with sweet herbal notes. One of the world's most expensive spices, Cardamom has much to offer a daily wellness routine. Some of its benefits may include lowering blood pressure (27) and fighting common mouth bacteria that cause cavities. (2)

3. Organic Ceylon Cinnamon (*Cinnamomum zeylanicum*)

Originating from the inner bark of small evergreen trees found in Sri Lanka and southeast Asia, Ceylon Cinnamon is considered more delicate and less pungent than the common Cassia variety. Ceylon cinnamon is rich in beta-carotene, Vitamin K, Zinc and Potassium. Ceylon also contains an active ingredient called Cinnamaldehyde that has been shown to reduce inflammatory response in the body. (29)

4. Organic Black pepper (*Piper nigrum*)

A common spice used to enhance the taste of food also contains piperine compound that assist the body in the absorption of nutrients such as iron and beta-carotene. A recent study shown that it becomes especially powerful when combined with Turmeric and ginger enhancing their antioxidant and anti-inflammatory properties. (30)

AT A GLANCE

BENEFITS

- Manage their stress levels.
- Boost antioxidants
- Support a strong and robust immune response.
- Manage life's stressors.
- Restore and maintain emotional equilibrium.
- Calm the mind and boost cognitive functions.
- Support the Heart, Lungs, Liver, and Kidneys.
- Manage inflammation in the body.
- Promote a better night's sleep.
- Nourish and protect the skin.
- Elevate mood and happiness.

INGREDIENTS

Organic Ashwagandha (*Withania somnifera*)

While ashwagandha has gained popularity over the past few years in nutritional circles and formulations, its incredible benefits have been enjoyed by many African, Mediterranean, and Indian cultures for more than 3000 years. In certain cultures, Ashwagandha has been referred to as the “royal herb” due to its rejuvenating effects on neurological, immune, energy production, endocrine and reproductive systems of the body. (1) Ashwagandha contains a naturally occurring compound called withanolides (a type of steroidal lactone) which is believed to be responsible for its abilities to normalize physiological processes in times of increased stress, and a contributor to its broad range of beneficial effects. (2,3)

- **Stress and Anxiety**

A 60 day, randomized, double blind, placebo-controlled study (4) was conducted to investigate ashwagandha’s therapeutic effects on reducing anxiety on healthy adults that self-reported high levels of stress. Participants were given placebo or 240 mg once daily and the effects were measured using Hamilton Anxiety Rating Scale, Depression, Anxiety and Stress scale-21 (DASS-21), and hormonal changes in cortisol and dehydroepiandrosterone-sulphate (DHEA-S). Results showed that in comparison to the placebo, ashwagandha supplementation was associated with statically significant reduction in morning cortisol levels. This study concluded that Ashwagandha has the ability to help the body recover from the energy loss and mood-altering effects of chronic stress.

- **Sleep**

Non-restorative sleep (NRS) leads to poor sleep quality, as well as physical and cognitive fatigue. In a randomized, double-blind, placebo-controlled trial, (5) 150 healthy subject scoring high on NRS measures were given 120mg of ashwagandha once daily for 6 weeks to evaluate overall sleep quality. Results were that a 72% increase in self-reported sleep quality was found in the treatments group, compared with 29 percent in the placebo group. In conclusion, ashwagandha improved overall quality of sleep by significantly improving the NRS condition in healthy subjects. • Immunity The immunomodulatory effects of 60mg per day ashwagandha or placebo was tested in 24 healthy adults in randomized placebo controlled double blinded trial. 6 After the 30 day blinded period the ashwagandha test group reported significant increase ($p < 0.05$) in immunomodulating antibodies (IgA, IgM, IgG, IgG2, IgG3, and IgG4), immunomodulating cytokines (IFN- γ , IL4), TBNK lymphocytes (CD45+, CD3+, CD4+, CD8+, CD19+, NK cells) whereas in the placebo group TBNK cells showed significant decrease ($p < 0.05$) and Ig’s and cytokines showed no significant change ($p > 0.05$). In conclusion, ashwagandha extract significantly improved the immune profile of healthy subjects by modulating the innate and adaptive immune systems.

- **Immunity**

The immunomodulatory effects of 60mg per day ashwagandha or placebo was tested in 24 healthy adults in randomized placebo controlled double blinded trial. (6) After the 30 day blinded period the ashwagandha test group reported significant increase ($p < 0.05$) in immunomodulating antibodies (IgA, IgM, IgG, IgG2, IgG3, and IgG4), immunomodulating cytokines (IFN- γ , IL4), TBNK lymphocytes (CD45+, CD3+, CD4+, CD8+, CD19+, NK cells) whereas in the placebo group TBNK cells showed significant decrease ($p < 0.05$) and Ig’s and cytokines showed no significant change ($p > 0.05$). In conclusion, ashwagandha extract significantly improved the immune profile of healthy subjects by modulating the innate and adaptive immune systems.

Organic Coconut Medium Chain Triglycerides (MCT) 70%

MCT Oil and its numerous benefits have made it a staple of athletes, body builders and nutritionists with the increased popularity of the Keto diet. However, they should not be the only ones able to reap the many beneficial advantages that MCT oil can offer our daily wellness routines. Recent studies have shown Medium-Chain Triglycerides, which include both Caprylic Acid (C8) and Capric acid (C10), contained in MCT oil (70%) are more easily digested than longer-chain fatty acids and may support weight loss by increasing fullness (7), fat loss (8), ketone production, and by improving the gut environment. (9) Additional studies have shown MCT’s beneficial for the management blood sugar (10) and may assist in reducing the risk factors for heart disease by supporting healthy weight¹¹ and increasing the production of heart-protective HDL (good) cholesterol (12) while reducing LDL (bad) cholesterol (13). MCT have also shown positive results for daily gut health maintenance.

INGREDIENTS

Organic Turmeric (*Curcuma longa*)

Turmeric, a plant in the ginger family, is native to Southeast Asia and is grown primarily in India. Historically, turmeric has been used in Ayurveda and other traditional Indian medical systems, as well as traditional Chinese medicine. In India, it has been traditionally used for disorders of the skin, upper respiratory tract, joints, and digestive system. More recently, turmeric has shown promise as a dietary supplement for the management of a variety of conditions, including arthritis (14), inflammatory conditions (15), metabolic syndrome (16), pain (17), depression and anxiety (18). Turmeric naturally contains a polyphenol, Curcumin the bioactive component responsible for its bright yellow pigment. Curcumin is the principal curcuminoid elevated for health-promoting activities, (19) but turmeric also contains sugars, proteins, resins, and volatile oils, such as turmerone, atlantone, and zingiberene, which have health benefits as well.

Organic Reishi Mushroom (*Ganoderma lucidum*)

Reishi is a woody, hard colorful superfood mushroom that has been revered for 1000s of years by Emperors, Buddhist Monks, Taoist, Traditional Chinese Medicine, and Nutritionist. Also known as the “mushroom of immortality” it offers a wide range of longevity promoting benefits. Reishi Mushrooms contain over 400 different compounds including polysaccharides (long-chain healthy sugar molecules) that have shown to significantly enhance and activate the immune systems by locking on to specific receptor sites to help fortify the body natural immune response. Research has shown that the polysaccharide content in Reishi mushroom helps boost the immune system by up-regulating the production of various lymphocytes (20), T-helper cells, T-killer cells, and macrophages (21). However, Reishi doesn't stop there and also has been shown to support gut health (22), protect skin against premature aging (23) and promote better sleep. (24)



HOW TO GUIDE

1. Start by carefully reading the label or packaging of the Organic Golden Magic New Spirit product. This will provide you with specific instructions on dosage and usage.
2. Organic Golden Magic is designed as a nightly rejuvenation beverage, so it's best consumed in the evening before bedtime. This allows the ingredients to work overnight to support relaxation and rejuvenation.
3. Mix the recommended dosage of Organic Golden Magic powder with your preferred liquid. This could be hot water, milk (dairy or plant-based), or a milk alternative. Stir or blend until the powder is fully dissolved.
4. Start with the recommended dosage provided on the packaging and adjust according to your personal preferences and tolerance. It's typically recommended to start with a smaller dosage and gradually increase if needed.
5. For optimal results, consume Organic Golden Magic regularly as part of your nightly routine. Consistency is key to experiencing the full benefits of the product.
6. Incorporate the consumption of Organic Golden Magic into a relaxing bedtime routine. This could include dimming the lights, practicing mindfulness or meditation, or engaging in other calming activities to support relaxation and stress reduction.
7. Pay attention to how your body responds to the product. Notice any changes in stress levels, mood, sleep quality, or overall well-being. Results may vary from person to person, so give the product some time to work its magic.
8. While Organic Golden Magic provides nutritional support for total body rejuvenation, it's essential to complement its use with other healthy habits such as regular exercise, balanced nutrition, and adequate sleep.
9. If you have any underlying health conditions, are pregnant or nursing, or are taking medication, it's advisable to consult with a healthcare professional before incorporating Organic Golden Magic into your routine.

By following these steps, you can effectively incorporate Organic Golden Magic New Spirit into your nightly routine to support relaxation, stress management, and overall well-being.

†These statements have not been evaluated by the FDA. Information contained in this bulletin is for informational purposes only and is not intended to diagnose, treat, cure, or prevent any disease. In all cases, it is recommended that you consult with your healthcare professional before initiating a supplement program.

• CALMING • BOOSTING • REJUVENATING •

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Organic Golden Magic is the perfect choice for daily nourishment, rejuvenation and recovery.

Storage: Keep tightly closed in a cool dry place.

Warning: Made in a facility that may manufacture products with soybeans, milk, wheat, fish, shellfish, and tree nuts.

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Nutrition with Intention®
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NEW SPIRIT NATURALS

ORGANIC GOLDEN MAGIC

REJUVENATING BLEND OF TURMERIC, ASHWAGANDHA, MUSHROOMS AND SPICES

DIETARY SUPPLEMENT • 180 GRAMS POWDER

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DIETARY SUPPLEMENT • 180 GRAMS POWDER

Keto Friendly

Supplement Facts	
Serving Size: 1 Scoop (6 grams)	
Servings per Container: 30	
Calories: 28.5	
Calories from Fat: 23	
Amt. Per Serving %DV*	
Total Fat	2.6g 3%
Cholesterol	0 <1%
Sodium	4mg <1%
Total Carbs	1.7 <1%
Protein	0 <1%
Potassium	25mg <1%
Organic Turc 7%	3648g †
Organic Ashwagandha	300mg †
Organic Reishi Mushroom	300mg †
Organic Golden Milk	300mg †
Organic Coconut Oil	300mg †
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