

# ERB BEET ROOT POWDER

Known for their deep red color, sweet, earthy flavor, and versatility, beets have served as a staple ingredient across various cultures for centuries. Made from the taproot portion of the beet plant, beet root powder is a good source of nutrients, including fiber, folate, manganese, potassium, iron, and vitamin C. Beetroot powder is also known for its high inorganic nitrate content, which has been associated with potential health benefits such as improved exercise performance and enhanced cardiovascular health.

## BENEFITS

- High in antioxidants
- Helps fight against oxidative and nitrative stress\*
- Provides beneficial nitrates
- Supports athletic performance\*
- Supports the cardiovascular system\*
- Has anti-inflammatory properties\*



50 Servings: NET WT.  
9.7 oz. (275 g)

#0208527

## INGREDIENT HIGHLIGHTS

### BEET ROOT

Each of our ERB Functional Whole Food products is organically grown and made from only one ingredient, the food itself. With minimal processing, it's either ground into fine powders or left as whole seeds, ensuring you receive the pure essence of the food with nothing added or taken away. Enjoy the ERB functional whole food ingredients backed by Sunrider's high-quality assurance standards.



## INGREDIENTS

Beet Root

## FAQs

**Q: I often see beet root capsules in the market. Why did you decide on this powdered form instead of a capsule?**

**A:** We chose this loose powdered version as it is more readily available for all of our markets. This form provides versatility, allowing users to incorporate this whole food into various recipes for the entire family to enjoy. Moreover, it enables users to stack multiple nutritional ingredients together in smoothies or other recipes to enhance the overall nutritional value.

**Q: You have a recommended usage size for this product. Can I use more than this amount?**

**A:** Because this is a whole food with no additives, like a whole beet from the produce section of a grocery store, you can consume as much as you want. If you feel like having a second helping of this vegetable, feel free to indulge.

## HOW TO USE

Blend 1 scoop (5.5 g) daily into 8–12 oz. of water, your preferred beverage, or recipe of your choice. A great way to incorporate added nutrition into your favorite dishes.

Beet root powder can be used to enhance the color, flavor, and nutrition of various recipes. Add it directly to drinks, smoothies, and baked goods. Mix it with our ERB Turmeric and Cordyceps Mushroom powders to add more nutrition to your favorite recipes.



## NOURISH + CLEANSE = BALANCE

Sunrider® products are based on a simple yet powerful idea that blends Traditional Chinese Medicine with advanced science. We call it our Philosophy of Regeneration®. When you nourish with only the finest natural ingredients and cleanse of harmful chemicals and artificial colors, flavors, and preservatives, you bring your body into balance. A balanced body is a healthy body.