

# ERB

Beet Root Powder



ESSENTIAL • REGENERATION • BALANCE

SUNRIDER®

# ERB

Functional Whole Food

ORGANIC

BEET ROOT POWDER

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









# 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\*

## FEATURES

					
Non-GMO	No Gluten, Wheat, or Yeast	No Milk or Lactose	No Sweeteners or Preservatives	No Artificial Color or Flavor	Organically Grown

## FAQ

**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?**

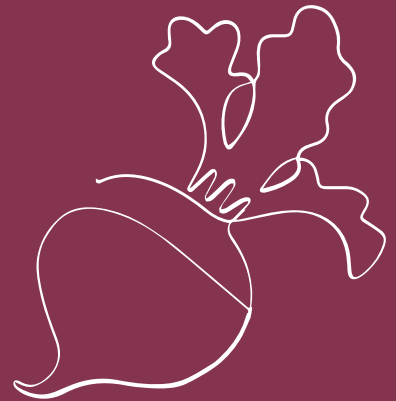
**A:** Because this is a whole food with no additives, like a whole beet from the produce section of a grocery store, you can consume as much as you want. If you feel like having a second helping of this vegetable, feel free to indulge.

## HOW TO USE

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.

Always read the product label—use as directed.

\*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.



## 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.

### Nutrition Facts

50 servings per container  
Serving size 1 Scoop (5.5g)

<b>Calories</b> per serving		<b>20</b>	
Amount per serving	% DV*	Amount per serving	% DV*
<b>Total Fat</b> 0g	0%	<b>Total Carbohydrate</b> 4g	2%
Saturated Fat 0g	0%	Dietary Fiber 1g	4%
Trans Fat 0g		Total Sugars 2g	
<b>Cholesterol</b> 0mg	0%	Includes 0g Added Sugars	0%
<b>Sodium</b> 0mg	0%	<b>Protein</b> 0g	
Vitamin D 0% • Calcium 0% • Iron 0% • Potassium 132mg 2%			

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Beet Root