

Beets provide fiber, folic acid, potassium, plus antioxidant nutrients. Get a healthy boost of the purple-powered superfood with our pure **Beet Root** powder, with its slightly sweet, earthy taste. Blend 1 to 2 teaspoons of the powder with your favorite juice or smoothie, or add its vibrant color to sauces and stews.

**Caution:** We recommend that you consult with a qualified healthcare practitioner before using herbal products, especially if you are pregnant, nursing, or taking any medications.