

ESME + SITA

ORGANIC

100% NATURAL

POWDERS



The leaves of the Moringa Oleifera tree contain rich amounts of protein, calcium, multi-vitamins, amino acids and antioxidant properties. It's considered a Super Food. Esme + Sita Organic Moringa Powder is a product of India. It can be added to any food or beverage, just before serving, to make it more nutritious.

Nutrition Facts	
Valeur nutritive	
Per (6 g) pour (6 g)	
Calories 20	% Daily Value*
Fat / Lipides 0 g	0 %
Saturated / saturés 0 g	
+ Trans / trans 0 g	0 %
Carbohydrate / Glucides 6 g	
Fibre / Fibres 1 g	4 %
Sugars / Sucres 0 g	0 %
Protein / Protéines 1 g	
Cholesterol / Cholestérol 0 mg	
Sodium 10 mg	1 %
Potassium -- mg	-- %
Calcium 125 mg	10 %
Iron / Fer 11 mg	61 %

*5% or less is a little, 15% or more is a lot
*5% ou moins c'est peu, 15% ou plus c'est beaucoup



Esme + Sita Organic Turmeric (Curcuma Longa) powder is a product of India. It's best known as the spice that gives curry its distinctive golden hue. Turmeric powder can be added into smoothies, soups, curries, stews, dressings, spice rubs and pasta sauce. It's long been known for its health benefits and is a source of powerful anti-inflammatory, antioxidant, antibacterial and antiviral properties.

Nutrition Facts	
Valeur nutritive	
Per 1 Tbsp (9 g) pour 1 c. à soupe (9 g)	
Calories 30	% Daily Value*
Fat / Lipides 0.3 g	1 %
Saturated / saturés 0.2 g	1 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 6 g	
Fibre / Fibres 2 g	7 %
Sugars / Sucres 0 g	0 %
Protein / Protéines 1 g	
Cholesterol / Cholestérol 0 mg	
Sodium 2 mg	1 %
Potassium 175 mg	4 %
Calcium 20 mg	2 %
Iron / Fer 5 mg	28 %

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Product of India

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