

Meet our founder, Sam Tahan, R.D.



I’m Sam Tahan, a Registered Dietitian, functional health expert, and founder of The Well Society—a space for those seeking wellness to reach their goals and gain nutrition knowledge.

My background spans both traditional and integrative health practices, allowing me to bring a unique approach to wellness that combines the best of both.

I partnered with world-class formulators to bring you Orra because I wanted a wellness solution that was foundational, that you could benefit from no matter where you are on your health journey. Orra contains premium extracts and compounds from my favorite health foods and supplements—including nutrients from carrots and broccoli, and beneficial probiotics.

Orra is an extension of my practice at The Well Society where I provide personalized nutritional counseling, bio-individualized protocols, and wellness coaching. To learn more about my holistic approach, visit The Well Society.

Welcome to Orra, your daily dose of wellness.

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