


# Rootwake Formula

*A Wakeforged Elixir for Grounding, Vitality, and Renewal*

Forged in the deep roots of the earth and anointed with the breath of ancient forests,

**Rootwake** nourishes the blood, clears the pathways, and anchors the spirit to life's endless wellspring.

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## Ingredients (16oz Jar - Dry Volume)

Ingredient	Amount	Notes
Spirulina Powder	4 tbsp	Nutrient-dense algae; protein, chlorophyll, vitality
Sage Powder	3 tbsp	Clarity, antioxidant, grounding
Beet Root Powder	4 tbsp	Blood builder; rich in nitrates for circulation
Wheatgrass Powder	3 tbsp	Alkalizing, mineral-rich green nourishment
Milk Thistle Powder	2 tbsp	Liver support and detoxification
Cilantro Powder	2 tbsp	Heavy metal detox; fresh green energy
Kale Powder	3 tbsp	Dense mineral and vitamin support
Kelp Powder	2 tbsp	Thyroid support; iodine and trace minerals
Mushroom Blend (Chaga/ Lion's Mane/Reishi)	3 tbsp	Adaptogenic and immune system support
Basil Powder	1 tbsp	Mild adaptogen; brightens blend, offers anti-inflammatory benefits
Nettle Leaf/Root Powder Mix	3 tbsp	Blood builder, mineral replenisher, vitality enhancer
Sea Salt (unrefined, mineral-rich)	1 tbsp	Enhances mineral balance, flavor, and absorption

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## Preparation

- Add each ingredient into a large, dry bowl.
  - Stir thoroughly with a clean, dry utensil until fully homogenized.
  - Store the blended powder in an airtight 16oz (pint-sized) jar.
  - Keep in a cool, dry, and dark place to maintain potency.
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## Suggested Use

- Take **1–2 teaspoons daily**.
  - Best taken in the **morning** or **midday** to nourish and vitalize.
  - Mix into water, juice, smoothies, or sprinkle over meals.
  - Shake the jar before each use for even ingredient distribution.
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## Batch Notes

- This blend is tuned for **blood nourishment, mineral replenishment, detoxification, and energy without stimulation**.
  - The small amount of **basil** uplifts the greens while maintaining Rootwake's earthy, grounding nature.
  - **Sea salt** enriches the formula with trace minerals and improves the absorption of nutrients.
  - Strong greens (spirulina, kale, wheatgrass) are balanced with softer herbs and mushrooms for a more complete, palatable tonic.
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*"Root deep, rise strong — the well of life flows forever." ❤️🌿*