


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

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." ❤️🌿