

# Ironwake Formula

*A Wakeforged Elixir for Strength, Vitality, and Endurance*

Forged in the fires of will and tempered by the roots of the earth,  
**Ironwake** stirs the blood, steels the spirit, and feeds the primal core within.

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## Ingredients (16oz Jar - Dry Volume)

Ingredient	Amount	Notes
Ashwagandha Powder	5 tbsp	Foundational adaptogen; stress resilience, hormone balance
Maca Powder	5 tbsp	Energy, stamina, and vitality support
Pine Pollen Powder	4 tbsp	Natural phyto-androgens; vitality and strength
Tribulus Terrestris	4 tbsp	Traditional testosterone booster
Fenugreek Powder	4 tbsp	Hormonal support; balances blood sugar
Horny Goat Weed Powder	4 tbsp	Libido and overall vitality enhancer
Garlic Powder	1.5 tbsp	Cardiovascular support; immune boost
Paprika Powder	1.5 tbsp	Mild antioxidant and circulatory aid
Pine Bark Extract	1.5 tbsp	Powerful antioxidant support
Ginger Powder	1.5 tbsp	Circulation, digestion, anti-inflammatory
Onion Powder	1.5 tbsp	Supports circulation and immunity
Turmeric Powder	1 tbsp	Anti-inflammatory; joint and cellular health
Ground Black Pepper	1 tbsp	Enhances nutrient absorption (especially turmeric)

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## Preparation

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

- Take **1–2 teaspoons daily**.

- Best taken in the **morning** or **before physical training**.
  - Mix into water, juice, smoothies, or sprinkle into foods if desired.
  - Shake the jar before each use to ensure consistent herb distribution.
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## Batch Notes

- This formula is designed to **fit exactly** in a 16oz dry volume jar (~32 tablespoons total).
  - Ingredients are weighted to balance **strength, hormonal support, circulation, and endurance**.
  - Pepper is included in small quantity to maximize the bioavailability of turmeric and other actives.
  - Potent herbs (garlic, ginger, turmeric) are kept in moderate doses to prevent flavor overpowering.
  - Adjust individual herb amounts slightly if desired, but maintaining overall balance is recommended.
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*"Wake strong, live fierce — the fire never sleeps." ❤️🔥*