

CHRISTIE & CO

FROM DREAM TO MAINSTREAM

PRESS RELEASE

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Distribution: Consumer/Trade: Print/TV/Cable, Radio/Podcast, Online. BevNet, Progressive Grocer, Food Business News, Food & Beverage, New York Times, LA Times, Bon Appetit, Better Homes and Gardens, etc.



Support Optimal Health With Every Sip With Amu Nutrition's Traditional Mongolian Teas

REDMOND, WA (September 2024) — Amu Nutrition, a trailblazer in organic herbal teas rooted in Mongolian traditional medicine, is excited to announce its commitment to promoting optimal health and well-being through its meticulously crafted tea blends. Founded by childhood friends and entrepreneurs Khulan and Daria in 2013, Amu Nutrition blends ancient wisdom with modern nutrition to offer a unique array of herbal teas and Shilajit that harness the power of Mongolia's pristine natural resources.



Drawing from the wild-harvested herbs of the Mongolian Altai mountains, Amu Nutrition emphasizes purity and authenticity in its offerings. Each tea is picked at peak ripeness to ensure maximum freshness, providing a distinct flavor profile while delivering a host of health benefits, and is uniquely packed into a teabag made from sugar cane. With a focus on antioxidants, vitamins, and minerals, Amu Nutrition's teas support hydration, digestion, and

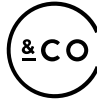
overall wellness, making them a natural choice for health enthusiasts worldwide. Not only are they known for their teas, but one of their most popular products is their Shilajit supplement – sourced directly from the Himalayas and the Altai Mountains – which is high in fulvic acid and has been studied for its antioxidant and anti-inflammatory effects, among many others.



"Amu Nutrition is committed to using only the highest quality herbal formulas in our products," said Amu Nutrition founder Khulan, who has a decade of experience in international business and trade, and a Bachelor's degree in international business and finance. "We follow the same Traditional Herbal Medicinal practices to restore balance to the body used by the people of Mongolia for thousands of years."

Amu Nutrition began with a vision to merge ancient Mongolian dietary traditions with contemporary nutritional science. Through their "Food as Medicine" approach, Khulan and Daria have transformed the lives of over 20,000 customers at their four nutrition centers in Mongolia. Their innovative approach has rekindled interest in ancient Mongolian diets and has garnered trust and admiration among Mongolians and beyond.

Some of their popular teas include:



- Himalayan Buckwheat Tea: Known for its rich nutty flavor and health benefits, including high antioxidant content and digestive support.
- Detox Tea: A revitalizing blend of Chrysanthemum, Goji Berry, Lotus Seed, and Jujube, designed to support natural detoxification and enhance overall wellness.
- Balance Digestion Tea: Featuring fennel seeds and nettle, this tea aids in digestive health, reduces bloating, and enhances nutrient absorption.
- Mongolian Black Goji Berry Tea: Unique blue-purple in color and rich in anthocyanins and immune-boosting properties, this tea offers a natural energy boost and supports skin health. This naturally sweet, tart, and grounding tea is sourced from the desert of Mongolia, where communities of wild collectors tend to the berries to maintain abundant harvests each year, despite the harsh conditions.
- Sugar Balance Tea: This liver-loving blend of potent Mongolian-grown herbs supports your digestive system function and healthy blood sugar levels.

At Amu Nutrition, the name “Amu,” meaning “grains” in Mongolian, symbolizes resilience and the natural strength of their herbal blends. Each tea is designed to help you thrive regardless of life’s circumstances, rebalancing your body and realigning your spirit.

About Amu Nutrition

Amu Nutrition is dedicated to revitalizing health and wellness through organic herbal teas rooted in traditional Mongolian medicine. Founded by Khulan – who has a decade of experience in international business and is now pursuing her passion for wellness – and her childhood friend Daria, the company combines ancient wisdom with modern nutrition to offer a range of expertly formulated teas and Shilajit supplements that promote optimal well-being through healthier eating and detox practices. For more information about Amu Nutrition’s products, please visit <https://amu-nutrition.com/>.

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