

Like Mutha Used To Make

MUVA & MYLK™

Umi. Yeye. Iya. Mom. Mum. Mama. Mommy.
Mother. Mutha. Muva

(noun) the source or origin **(verb)** to birth; to nurture; to treat a person with great kindness & love and to try educate and protect them from harm

the muva

Asia (like the continent she called home in her 20s). Jamaican-American. Georgia Peach. Seattle Emerald. Aquarian Alien. Plant Based Creative. Wellness Warrior. Reiki Practitioner. Yogi. Champion of Community. Wife. Melaninated Muva.

our mylk

Not all plant mylks are created equal. Muva Mylk™ is all organic & made with love. Zero waste. No fillers. No bullsh*t. Handcrafted in our sacred space with the highest intention. Our mission is to uplift the well-being of everyone who takes a sip. Connecting us deeper to Mother Nature through nutrition.

knowledge is power

Many are hip to non-dairy milk and that's amazing! So prada U! But hunny, we gotta keep it real, because we only want the best for you. Many of the non-dairy options on the market have ingredients that are a bit shady. They can have you & your body like "What are thoooooose?!" (>人<)

Here's a few of the common suspects:

- *Carrageenan* is used as an emulsifier, however, it is not digestible, has no nutritional value and can be destructive to the digestive system.
- *Xanthan gum* can increase the amount of water & sugar in your intestines, which can lead to bloating & gas. It can also be made from corn, wheat, or soy so anyone with a sensitivity to those should avoid.
- *Guar gum*, which is from the guar bean, may provide relief to diabetics by lowering blood sugar, but not good for those with hypoglycemia. Guar gum is also known to cause a lot of discomfort for those with gastrointestinal sensitivities. Locust bean gum is made from seeds of the carob tree & is similar to guar gum with its helpful properties for diabetics, yet it also can cause stress on the intestines.
- *Gellan gum* can disrupt the micro flora in the intestines, resulting in digestive issues.

inclusive ingredients

- No artificial sweeteners. Just dates, a lil' spice & all things nice
- Our Coconut Cashew Mylk blend is ideal for all uses, perfect for 2% milk consumers. Fiber rich, nutrient dense, packed with plant protein.
- Oat Mylk blend is nut free, gluten free and made with whole grain oats. Rich & full bodied texture. Similar to whole milk, excellent as a creamer
- Almond Mylk blend is a classic option for all needs. Nutritiously satisfying
- Each made fresh with locally sourced spring water & lasts 7 days refrigerated



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