



HEIRLOOM

# Nourished By Heirloom

Artisan culinary seasonings  
& superfood tonics



*A Lifetime Investment*

# Food is medicine

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*Nourished By Heirloom is an initiative to go off the conventional path. Going towards our ancestral roots and providing ourselves and our families with the highest nourishment possible using the power of plants*





# Hey! I'm Darian

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**REGISTERED HOLISTIC  
NUTRITIONIST, CHEF, & FOUNDER OF  
NOURISHED BY HEIRLOOM**

Graduating from the Natural Nutrition program at the Canadian School of Natural Nutrition in 2013, and the professional cooking program at Southern Alberta Institute of Technology in 2018, I have used my skills to develop these nutritionally focused culinary seasonings and superfood tonics to nourish my community.

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**NOURISHMENT FOR THE BODY,  
MIND AND SOUL**

More than a culinary seasoning and superfood company, Nourished By Heirloom is on a mission to nourish our community by bringing the wisdom of ancient herbalism into home kitchens. We do this by consciously curating organic, artisan spice and superfood blends.

# Simple selling features

*Each product has a unique QR code on the back.*

*This allows quick, easy access for the customer to learn for themselves all of the health benefits associated with each ingredient used in that specific product.*

*Once on the website, the customer has access to healthy recipes to be inspired by.*

*This feature is a key selling point, making it easier for staff to engage with the customer, as well as gain the trust of quality from the patron.*





# Two collections to choose from

*We offer two collections and 9 products for our customers to nourish themselves and their families with:*

— CULINARY SEASONINGS

— SUPERFOOD TONICS



# Culinary Seasonings

*Add to any homemade meal to add flavour depth and nourishment*

Seasonings that were created to inspire you in the kitchen using as many organic ingredients as possible.

These culinary seasonings uniquely incorporate herbs, spices and even medicinal mushrooms to embody a sensation of nourishment and will make your palate jump for joy.

*Our selection of culinary seasonings include:*

*Umami  
Taco  
Everything  
Mediterranean  
Curry*





# Umami

*If you're in search of an "all purpose" seasoning to deepen and enhance the flavours in any dish, you've found it. This umami seasoning is absolutely magical. umami, meaning "the essence of deliciousness" in Japanese, is a universally enjoyed taste that will bring the magic into your home. Say hello to your new favourite kitchen arsenal!*

**INGREDIENTS: SEA SALT FROM THE HIMALAYAS, GARLIC, BLACK PEPPER, ONION, MAITAKE MUSHROOM, SHIITAKE MUSHROOM, THYME**





# Taco

*The seasoning that started a "cult following" and ultimately, inspired Nourished By Heirloom! Make tacos, chili, pita chips, or season roasted vegetables with this flavourful seasoning*

**INGREDIENTS: CHILI POWDER, CUMIN, SEA SALT FROM THE HIMALAYAS, ROASTED DANDELION, SMOKED PAPRIKA, GARLIC, ONION, BLACK PEPPER, CHILI FLAKES, MARJORAM**







# Everything

*Not just for bagels, this everything seasoning is so versatile and absolutely delicious. The irresistible crunchy texture from the nourishing seeds adds a little dimension, while the garlic and onion really showcase their favour and "dance" on your palate.*

**INGREDIENTS: BLACK AND WHITE SESAME SEEDS, GARLIC, ONION, HEMP HEARTS, MALDON SALT, POPPY SEEDS, REISHI MUSHROOM**

*"It's SO good.. it's better than Trader Joe's!"*

*- Rachel D  
Nelson BC*



# Mediterranean

*This seasoning is bright, herbaceous and overall, just delightful. Bring the taste of the mediterranean sea to your kitchen and explore all the culinary possibilities using this versatile blend. Add to chicken, seafood, vegetables, or make an easy greek salad or tzatziki dressing.*

**INGREDIENTS: GARLIC, SUMAC, NUTRITIONAL YEAST, SEA SALT FROM THE HIMALAYAS, BLACK PEPPER, SUMMER SAVOURY, DILL, BASIL, PARSLEY, BAY LEAVES, PEPPERMINT, MARJORAM**





# Curry

*We believe curries should be their own food group. This seasoning brings rich and earthy notes and a mild "zing" to any dish. Create more flavour depth and the most delicious homemade curries with this masala of exotic flavours.*

**INGREDIENTS: CORIANDER, TURMERIC, CHILI POWDER, SEA SALT FROM THE HIMALAYAS, MUSTARD, MAITAKE MUSHROOM, BLACK PEPPER, GINGER, BAY LEAVES, TRUE CINNAMON**



# Superfood Tonics

*Superfood tonics are here to guide and support you through different stages of life.*

*Consuming superfoods may benefit overall health, reduce the weight of stress off your shoulders, relieve inflammation and hormonal imbalances AND give you a boost of energy and mental clarity. We make it easy to enjoy these superfoods daily with our delicious easy-to-use blends.*

*You can add them in all sorts of foods like smoothies, chia puddings, soups, baked goods, make lattes with them or even add them to salad dressings. The possibilities to enhance nourishment are endless!*

*Our selection of superfood tonics include:*

*Adapt  
Yoni  
Vitality  
Golden Hour*





# Adapt

*This superfood tonic helps the body adapt to stress. We're sure that everyone agrees, we could all use a little less stress in our lives. That's why we created this for you to enjoy and get back to living your best life.*

**INGREDIENTS: GELATINIZED MACA, LUCUMA, COCOA, ASHWAGANDHA, REISHI MUSHROOM, SIBERIAN GINSENG, LIONS MANE MUSHROOM**



# Yoni

*This divine blend supports the reproductive health of women. It is loaded with hormone balancing ingredients, and may be particularly helpful to women who suffer from painful menstruation or PCOS.*

**INGREDIENTS: SHATAVARI, GELATINIZED MACA, LUCUMA, BEETROOT POWDER, GINGER, TRUE CINNAMON**





# Vitality

*Debatably one of the most nutrient dense products we offer! This tonic is neutral flavoured, and perfect to enjoy first thing in the morning, or for an afternoon pick-me-up. It provides focus, sustainable energy and overall, your body will be so thankful for all the nourishment you have gifted it with.*

**INGREDIENTS: CRACKED CELL WALL CHLORELLA, WHEATGRASS, SPIRULINA, MORINGA, CAMU CAMU**

*"I add some vitality into my morning matcha latte everyday and I'm LOVING how I feel"*  
- Amanda P  
Fort McMurray, AB



# Golden Hour

*Golden Hour may reduce inflammation, mental clarity and give you a sense of calm.  
Think of this bright yellow tonic as a big hug.*

**INGREDIENTS: LUCUMA, TURMERIC, TRUE  
CINNAMON, GINGER, LIONS MANE, BLACK PEPPER**

*"my favourite part of the day:  
Golden Hour latte.. then bedtime"*  
- Ben S  
Calgary, AB







# Our Commitment to you

*will always be quality*

ethically sourced ingredients

nourishing

made with love and gratitude

as many organic ingredients  
as possible

no fillers, anti-caking ingredients or  
preservatives

# Ready to become a stockist?

*Drop us a line*

## EMAIL

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## PHONE NUMBER

403 700 9243

## WEBSITE

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