



MONA SHARMA

ROOTED IN WELLNESS®

Mona Sharma is a renowned celebrity nutritionist and global wellness speaker, having provided guidance to prominent individuals such as Will Smith, Jay Shetty, Julianne Hough, and Hrithik Roshan. Her expertise has garnered her re-occurring appearances on esteemed platforms including The Today Show, The Doctor's Television, and the popular Red Table Talk with the Smith family.



Using ancient healing remedies merged with modern-day science to help people shift their vibration from *imbalance to balance*.



Instagram Statistics

Instagram Followers

250K

Average Views Per Post

30K

Demographics:

53% Female
47% Male

Impressions

850K
/month

Brands Mona's Partnered With:



time—line

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Rooted in Wellness the podcast takes you on a transformative journey from imbalance to harmony, where ancient wisdom meets modern scientific insights. Growing up on an ashram, Mona embraced the philosophy that food is medicine, and your kitchen is your health sanctuary.

After navigating heart surgeries, anxiety, and weight challenges, she realized that common symptoms don't equate to normalcy. That's why she now educates on how to unlock the power of our mind, body, and soul connection, and journey back to our roots to reclaim our authentic selves.

#1 NUTRITION PODCAST

Podcast Charts

Apple Podcasts — United States of America — Nutrition



**#TOP RANKING
PODCAST IN 50+
COUNTRIES**

Average downloads per episode:

5K

Total Downloads

126K

Email subscribers:

6K

SPONSORSHIP PACKAGES

Package A:

Placement	Cost Per	Quantity	Total Cost
Podcast Ads	\$500	4	\$2,000
Newsletter inclusion	\$1,000	1	\$1,000
IG Reel	\$3,000	1	\$3,000
IG Stories (1-3 frames)	\$1,500	2	\$3,000
Total			\$9,000

Package B:

Placement	Cost Per	Quantity	Total Cost
Podcast Ads	\$500	8	\$4,000
Newsletter inclusion	\$1,000	2	\$2,000
Dedicated Email	\$2,000	1	\$2,000
IG Reel	\$3,000	2	\$6,000
IG Stories (1-3 frames)	\$1,500	4	\$6,000
Founder interview episode + IG collab post from interview	\$TBD	1	\$TBD
Total			\$20,000



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