

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:**

LEVELS

time—line

FOUR SIGMATICO



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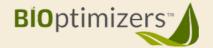




KQZE



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paleovalley



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





Rooted in Wellness with Mona Sharma



#TOP RANKING
PODCAST IN 50+
COUNTRIES

Total Downloads

126K

Average downloads per episode:

5K

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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