



**A low-calorie,
refreshing and
uplifting drink**

Instant Herbal Beverage is a delicious and refreshing tea, which can be served either hot or cold. The fruity flavours of this beverage give you an easy-to-make and exciting alternative to fizzy drinks and coffee in seconds.

Key Benefits:

- Helps support weight management as it is low in calories and carbohydrates
- Combines ancient herbal wisdom with modern day ingenuity to contribute to your well-being and helps support normal vitality
- Includes the health benefits of green tea and specially selected herbs and extracts.

Why You Need It:

Water is one of the five elements essential to life. Every cell in the body is dependent upon a plentiful supply for proper function.

A lack of water disguises itself by producing many ailments that are not at first recognised as water deficiency. Plain water is often the last option when choosing a drink, despite its importance to our well-being.

Too much coffee can rob the body of essential nutrients and increase free radical damage. Fizzy drinks contain, on average, six teaspoons of sugar in each can.

Drinking Instant Herbal Beverage regularly can help increase water consumption, at the same time as providing a nutrient-rich beverage.

Key Ingredients:

Green tea extract* (*Camellia sinensis*) - Well-researched and shown to be rich in polyphenol antioxidant nutrients; contributes to a general feeling of well-being. Green Tea contains caffeine; generally, tea contains one third less caffeine per cup than coffee.

Orange pekoe extract - A medium-grade black tea consisting of many whole tea leaves composed purely of new flushes.

Cardamon seed extract - Comes from the ginger family of plants. Widely used to treat digestive disorders in traditional medicine.

Malva sylvestris extract - Also known as mallow, this gentle herb is often used in herbal teas to hydrate and soothe the digestive system.

Hibiscus flower powder - Studies have shown that drinking hibiscus tea can lower high blood pressure and reduce high cholesterol levels in many individuals.

Did You Know?

Green tea is rich in polyphenol antioxidants which are reported to combat the negative effects of free radicals on our body's cells.

order details



SKU #0106	Original*
SKU #0190	Peach*
Volume Points:	34.95
Packaged:	100g
SKU #3163	Original Samples*
Volume Points:	35.25
Packaged:	15 x 5.1g sachets

Directions For Use:

Mix 1/2 teaspoon (approx. 1.7g) with 200-250ml of hot or cold water.