

DIRECTIONS: Place 1 teaspoon in a cup of near boiling water between 3-5 minutes. Use a strainer or tea infuser for clearer tea.

## **TEAMI TIP!**

OUR TEA IS ALREADY DELICIOUS. BUT WE SUGGEST THAT OUR TEA LOVERS ADD HONEY, NECTAR OR LEMON IF NEEDED



TEAMIBLENDS

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## **Nutrition Facts**

Serving Size 1 tsp.brewed (5g) Servings Per Container 13

Amount Per Serving

Calories 10

	% Daily Value*
Total Fat 0g	0%
Sodium 0mg	0%
Potassium 5mg	0%
Total Carbohydrate 3g	1%
Sugars 1g	
Protein 1a	

Protein 1g

Vitamin A 4% Vitamin C 6%

Calcium 2% Iron 2%

\*Percent Daily Values are based on a 2,000 calorie

INGREDIENTS: Green Tea, Peppermint Leaf, Goji Berries, Red Dates, Nettle Leaf, Roselle, Lingzhi Ganodermaea. CONTAINS PLANT BASED CAFFEINE.

WARNING: Recommended for adults only. If you are taking prescription medication, or pregnant or nursing, consult your health care provider prior to using this 2 product.

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.