

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 TEA LOVERS ADD HONEY. NECTAR OR LEMON IF NEEDED.



@TEAMIBLENDS

WWW.TEAMIBLENDS.COM

PRODUCT OF HONG KONG IMPORTED AND DISTRIBUTED BY: TeaMI LLC, Aventura, Florida USA WWW.TEAMIBLENDS.COM



Nutrition Facts

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

Amount Per Serving

Calories 10

| | % Daily Value* |
|-----------------------|----------------|
| Total Fat 0g | 0% |
| Sodium 5mg | 0% |
| Total Carbohydrate 3g | 1% |
| Dietary Fiber 1g | 4% |

Protein 1g

Vitamin C 8% Calcium 2%

"Percent Daily Values are based on a 2,000 calorie

INGREDIENTS: Green Tea, White Tea, Lavender, Lemon Grass, Dried OrangePeel, Valerian Root, 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 9 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.