

ORGANIC



# Valerian-Peppermint

Herbal Supplement

Traditionally used to support restful sleep and relaxation\*



24 Tea Bags  
NET WT 2.46 OZ (69.6g)



## The Alvita Story...

In 1922, a new era for tea consumption began in America. The herb alfalfa, long known for its beneficial nutrients, was packaged in tea bags and sold to an emerging health food market. This product became known as Alvita and set the standard for future herbal teas. Today, Alvita represents more than forty single-ingredient teas, each one uniquely distinct, just like the individuals who drink them.

Alvita chooses only the highest quality organic, wild-crafted, or cultivated botanicals, perfectly prepared to provide you with the best Mother Nature has to offer. Historical and scientific literature is painstakingly studied to ensure that the correct traditional plant and most appropriate servings are used, delivering premium flavor and quality.

Herbs are gifts from the earth. Alvita takes its stewardship seriously by offering carefully harvested teas in earth-friendly packaging. Our beautifully illustrated boxes are made using recycled paperboard and our English, pillow style tea bags are oxygen bleached, not chlorine treated. You won't find a better product, with a cleaner package... anywhere.

*Alvita... brewed with confidence, steeped in tradition.*



## Preparation

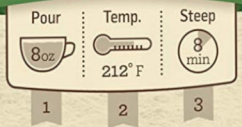
Place one tea bag in a cup and add 8 oz of boiling water. Cover and steep for 8 minutes. Gently squeeze tea bag and remove.

### Directions for use:

We recommend 1 cup 30-60 minutes prior to bedtime, with an additional serving earlier in the evening if desired.

- Add sweetener if desired
- Naturally caffeine free

### HOW TO BREW



## Valerian-Peppermint

For centuries, valerian (*Valeriana officinalis*) has been employed by herbalists worldwide to support restful sleep and relaxation.\* A popular way to enhance the flavor, aroma and soothing effects of valerian is to blend it with organic peppermint leaves (*Mentha x piperita*).

Alvita Valerian-Peppermint Tea is made with premium-quality valerian root and peppermint leaves, producing the characteristic aroma valerian is known for but finishing with the cooling, minty flavor of peppermint.

### Supplement Facts

Serving Size: 1 tea bag

Amount Per Serving	% DV
Organic Valerian (root)	174 g †
Organic Peppermint (leaves)	116 g †

† Daily Value not established.

**WARNING:** If you are pregnant or nursing, taking any medication or have any medical condition, consult a health care professional before use. Do not operate a motor vehicle or machinery for 2-3 hours after consumption. **KEEP OUT OF REACH OF CHILDREN.**

\* 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.

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Certified Organic by QAI. Certified Gluten-Free by NSF.

