

*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.

Black teas are fully fermented teas where, during the process, the oxygen causes the leaves to turn from green to near black. Ideal for people with sensitive stomachs. Though some antioxidants are lost during fermentation, black teas still maintain significant antioxidant profiles and have been enjoyed for their rich, robust flavor.*



Dietary Supplement

Net Wt. 2.0 oz (57 g)



Black Tea



Directions: Add the amount of botanicals per a recipe, as desired, or as directed by a health practitioner. The proper way of extracting botanicals depends on parts used. Flowers, fruits and leaves can usually be *steeped* or *decocted* (boiling over fire) while stems, barks and roots typically require *decocting*.

In a *Desktop Botanical Garden™* *Glass Tea & Elixir Maker*, add 1 part botanical(s) and 5-8 parts water, steep or decoct for 5-20 minutes. You can boil water directly in the *Elixir Maker*. Repeat this process for 2nd or 3rd extraction until all active constituents have been extracted.

Supplement Facts

Serving Size: 1 g

Servings Per Container: 57

Amt/Serv

Organic Black Tea 1 g †

† Daily value not established

Manufactured for:

Ron Teeguarden's

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More *My Cup of Tee®* ideas and instructions on our website.

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