



My Cup of Tee®

Rose Black Tea

Dietary Supplement
Net Wt. 3.2 oz (91 g)

Rose Black Tea

This black tea has added rose petals. Rose is an important and wonderful Shen tonic herb frequently consumed in Oriental cultures. It opens the heart and lifts one's mood. In other words, consistent drinking "beautifies the spirit." Made with organic black tea leaves and rose petals.*

Flavor — Earthy body carries with floral notes that come late, high, and linger.

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: 91

	Amt/Serv
Proprietary blend:	1 g †
Black Tea, Dried Rose petals	

† Daily value not established

Manufactured for:
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Manufactured in a facility
that processes tree nuts.

*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.