



Category 13
Herb Teas



GOODFORYOU

GOOD FOR LIFE

HERB TEAS

(Relaxing Tea) #114342
Caffeine Free, 30 Bags

Description: HERB TEAS - Finest herbs and combinations to complement our traditional, popular y flavorful teas. For over 20 years **Good For You** has been a dedicated source of a high quality, yet low cost, complete line of products. We search worldwide for the finest herbs and nutritional ingredients at the lowest prices. When you buy a **GFY** product you'll receive the highest quality available. Whether you choose our Vitamins, Minerals, Extracts, Herbal Capsules, Unique Foods, Essential Oils or Pure Cosmetics, we're here to serve you better. Our new line of tea bags is your best value anywhere. Look for our new, exclusive, herbal combinations to complement our traditional, popular and flavorful teas.

Contents / Ingredients

- Most Herbal Teas contain no caffeine, artificial colors, flavors or sweeteners, preservatives or sugars.
- String and staple-free bags
- Chlorine-free bags
- All herbs non-irradiated
- Stevia makes an excellent sweetener for any of our Herbal Teas.

Traditional Therapeutic Action

Supplement Facts

Serving Size 1 tea bag (2g) Servings per Container 30
Amount Per Serving % Daily Value(*)

Calories	0	
Calories From Fat	0	
Total Fat	0 g	0%
Sodium	30 mg	1%
Potassium	15 mg	<1%
Total Carbohydrates	0 g	0 %
Protein	0 g	0 %

(*) Percent Daily Values are based on 2,000 calorie diet

Other ingredients: Peppermint leaf (*Mentha piperita*), Chamomile flower (*Matricaria chamomilla*), Catnip leaf (*Nepeta cataria*), Strawberry leaf (*Fragaria vesca*), Linden leaf and flower (*Tilia europaea*), Passion flower herb (*Passiflora incarnata*), Licorice root (*Glycyrrhiza glabra*), Valerian root (*Valeriana officinalis*) and Natural flavors.

Contains no caffeine, artificial colors, flavors, preservatives or sugars.

Not a significant source of calories from fat, saturated fat, cholesterol, dietary fiber, sugars, vitamin A, vitamin C, calcium and iron.

Relaxing Tea A blend of 9 relaxing herbs, including the well-known chamomile and valerian root which is traditionally used for insomnia. If you live a stressful life then this tea is for you. Often after a very stressful day at work or with those demanding children it's sometimes very difficult to unwind, so this tea is useful for those times when you need to just forget the worries of the day and sit down and relax. Its therapeutic effects improve the amount of time it takes to drop off to sleep, reduces the amount of night time awakenings, improves overall sleep quality, and decreases nervousness and anxiety without the morning hangover.

SUGGESTED DOSAGE: For Hot Tea: Steep tea bag in 8 oz of hot water for 3-5 minutes, depending on desired strength. For Iced Tea: For a single cup, prepare as above, using less water. After steeping, cool and add ice. For a pitcher, we recommend 4 tea bags to 1 quart of water. Yields 6 servings.

Please note: This information is compiled from traditional and modern herb books, articles, and research. This information is summarized for its educational value and should not be used for the diagnosis, treatment, or prevention of disease. It should not be used to replace the services of a qualified practitioner. This information has not been evaluated by the FDA or Health Canada.