



GOODFORYOU

GOOD FOR LIFE

ROOIBOS ORGANIC HERBAL TEAS

#854401 (Superior), #854402 (Vanilla), #854403 (Lemon), #854404 (Earl Grey)
Caffeine Free, 20 Bags

Description: ROOIBOS TEAS - Imported from South Africa, Rooibos tea is known globally for its excellent nutritive effects, and its versatility in how it can help your health. Try it once, and you'll love the taste! Good For You's Rooibos teas are all organically certified, and come in a variety of organic, natural flavors. Also, use it to make an excellent, healthy Iced Tea! String and staple-free bags.



Category 13
Herb Teas

Contents / Ingredients	Traditional Therapeutic Action
Per 200mL <ul style="list-style-type: none"> • Iron -0.07mg • Potassium – 7.12mg • Calcium – 1.09mg • Copper –0.07mg • Zinc – 0.04mg • Magnesium – 1.57mg • Fluoride – 0.22mg • Manganese – 0.04mg • Sodium – 6.16mg 	<ul style="list-style-type: none"> • Essential for transport of oxygen in the blood • Necessary for metabolic functions • Necessary for strong teeth and bones • Necessary for different metabolic processes • Necessary for normal growth and development and healthy skin • Necessary for a healthy nervous system and for other metabolic processes • Trace mineral • Necessary for metabolic processes and for bone growth and development • Necessary for fluid and acid-base balance
What Rooibos can do for you: <ul style="list-style-type: none"> • Rooibos is completely pure and natural as it contains no additives, preservatives or colourants • Rooibos contains powerful antioxidants that fight free radicals • Rooibos can be strongly recommended for people suffering from irritability, headaches, disturbed sleeping patterns, insomnia, nervous tension, mild depression or hypertension as it contains no caffeine and has a soothing effect on the central nervous system • Rooibos has anti-spasmodic properties, and can be used to relieve stomach cramps and colic in infants • Rooibos contains little tannin and therefore does not have a negative effect on the absorption of iron in the body 	<ul style="list-style-type: none"> • Stomach and indigestive problems such as nausea, vomiting, heartburn, stomach ulcers, and constipation can also be relieved by drinking Rooibos • Rooibos reduces the effects of allergies such as hayfever and asthma • Rooibos has a soothing effect on the skin, relieving itching and certain skin irritations such as eczema, nappy rash, and acne when directly applied to the affected area (or try adding a few tea bags to your bath water) • Rooibos contains natural kilojoule (calorie) free sweeteners, which makes it ideal for people on a slimming diet • Rooibos is naturally caffeine free

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. Use all natural Stevia (powder or liquid) to sweeten.

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.