



Sip & Slim Herbal Green Tea

Sip & Slim Herbal Green Tea is formulated to assist with and help support your body in all three weight loss categories; fat-burning, fat inhibiting, and appetite suppression.

suggested usage

Place ½ to 1 teaspoon Sip & Slim Herbal Green Tea into 8 to 32 ounces of hot water and steep for 10 minutes.

May steep for longer or overnight if desired, however, that may result in a bitter taste.

Strain and start each day with two cups of Sip & Slim Herbal Green Tea, skipping your typical breakfast.

To assist with weight loss, follow with LIFEx⁵ Herbal Blend, adhering to the LIFEx⁵ suggested usage guidelines.

To assist with weight loss, follow with Soothe The Soul Herbal Tea at bedtime, adhering to the Soothe The Soul suggested usage guidelines.

certified organic ingredients

Green Tea, Oolong Tea, Cacao Nibs, Cardamom, Ginger Root, Fennel Seed, Cinnamon Bark, Bitter Orange Peel, Orange Peel, Elecampane Root, and Matcha Green Tea



ingredient highlights

Green Tea

Green Tea is loaded with polyphenols that act as powerful antioxidants, reducing the formation of free radicals. Caffeine, a key ingredient found in Green Tea, acts as a stimulant and improves certain aspects of brain function. It can improve your mood, reaction times, memory, and vigilance. Green Tea is also known to increase fat burning and improves physical performance. It can boost your metabolic rate while helping you lose weight.

Oolong Tea

Oolong Tea is great for weight management. The specific polyphenol compound found in this tea is well known for controlling metabolism in the body, and activating enzymes that help the fat cells in the body function. This compound also helps to remove free radicals in our body, functioning as an antioxidant.

Cacao Nibs

Cacao Nibs contain flavonoid antioxidants that help to remove free radicals and promote a healthy heart. They have also been known to help promote weight loss. Its chemical compounds can increase your levels of serotonin, significantly decreasing your desire to overeat.

Cardamom

Cardamom encourages better metabolism, acting as a digestive aid and an antispasmodic. It is a great detoxifying agent, flushing out the toxins and free radicals that accumulate in the body.

Ginger Root

Ginger Root is widely known for its health benefits. It encourages your digestive system to work properly, helping to digest your food better, and ultimately contributing to weight loss. Ginger Root is a fat burner, making sure that the weight you're losing is fat rather than water loss. Another aspect of weight loss in which Ginger Root can assist is relieving tired muscles. It can help you recover faster after a workout, thereby leaving you ready for your next workout more quickly.

Fennel Seed

Fennel Seed is known for being an appetite suppressant and metabolic enhancer. It helps to break up the fat deposits in the bloodstream and use them as energy. Using these energy sources that your body already contains can reduce food cravings.

Cinnamon Bark

Cinnamon Bark is commonly known for aiding weight loss. It increases metabolism by controlling insulin and carbohydrates. It has also been known to help burn abdominal fat more so than any fat throughout your body. Cinnamon Bark slows down the process of moving food into your stomach, leaving you feeling fuller for longer.

Matcha Green Tea

Matcha, the oldest and most premium variety of Green Tea in Japan, is known as the mother of all Green Tea. It has been used as a meditational drink by Zen Buddhist monks for over 800 years, and is extremely high in antioxidants, amino acids, and other nutrients.

Typically, Matcha is the only tea variety that is ground into fine powder form, and when drinking Matcha or enjoying a food or beverage made from Matcha, you consume the entire tea leaf. Matcha drinkers receive the full nutrition of the whole tea leaf, and will enjoy the high concentration of Green Tea antioxidants, amino acids, vitamins, minerals, and fiber.

Matcha contains high antioxidants compared to fruits and vegetables, and ORAC (Oxygen Radical Absorbance Capacity) test results prove that one gram of Ceremonial Matcha Green Tea contains 1384 ORAC units. When compared to other antioxidant-rich fruits and vegetables, as well as other leading superfoods, traditional Ceremonial Matcha Green Tea clearly stands out above the rest.

reasonable cautions

Take as suggested. This is an adult blend and is not recommended for children. Consult Physician or Medical Practitioner before taking this product, especially if pregnant or nursing. Keep out of reach of children. Store in a cool, dry place.

disclaimer

goDésana Organics products have not been evaluated by the FDA and are not intended to treat, diagnose, cure, or prevent any disease. They are not intended as a substitute for the advice or medical care of a qualified health care professional. Seek the advice of your health care professional before undertaking any dietary or lifestyle changes.