



I ♥ Green Rooibos

## Green Rooibos Tea

Unlike white, green, and black tea that all come from the same plant, Rooibos tea comes from a broom-like shrub.

Rooibos Tea is a concentrated source of antioxidants and flavonoids. In fact, Rooibos Tea has been found to have as much a 50 times more Superoxide Dismutase (SOD) than Green Tea. It also has other antioxidants like aspalathin and nothofagin not found in other teas. It is naturally mineral rich, caffeine-free, and has low tannin levels compared to green and black teas.

Green Rooibos might offer blood sugar-lowering benefits, according to a study published in the December 2012 issue of the journal "Phytomedicine." A flavonoid antioxidant called aspalathin improved glucose absorption by muscle cells in the animal study.

### organic ingredients

*Green Rooibos Tea from Western Cape province of South Africa*

### suggested usage

The Tea: Add ½ to 1 teaspoon of tea to 8 to 32 ounces of boiling water. Steep 5 to 10 minutes. The longer you steep the more flavor and nutrients are released. Rooibos Tea has a longer steeping time than most other teas. The shortest amount of time it should steep is four to five minutes, but studies have shown that steeping Rooibos Tea for five to ten minutes greatly increases the amount of antioxidants and nutrients in the finished cup. Great plain or flavored, hot or iced, for anytime enjoyment.

### disclaimer

goDésana 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.

### reasonable cautions

Take as suggested. Consult Physician or Medical Practitioner before taking this product, especially if pregnant or nursing. Keep out of the reach of children. Store in a cool, dry place.



TEAS



WATER



ORGANIC



ENJOY!



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