

CARMIÉN™

Rooibos tea



CARMIÉN ENERGISE



Carmiën Energise is a detox blend of Guarana, Hoodia, Buchu, Rooibos and Forest Berries.

- Enjoy this tea in the morning for a natural energy boost
- Guarana (contains caffeine) is known to assist metabolism and reduce mental and physical fatigue
- Buchu relieves water retention and hoodia helps suppress appetite

Ingredients: Rooibos, forest berry blend (apple, elderberry fruit granules, hibiscus flowers, rosehip shells, blackberry leaves), hoodia gordonii, buchu, guarana seed powder (contains caffeine) with strawberry & raspberry flavouring.

HOT BREW TEA

Use 1 teabag for every 250ml **boiling water** using a cup, or teapot. Steep 5-10 min or to taste. Enjoy with or without milk, sugar/honey or slice of lemon.

Best enjoyed at 60° C.

Important notice: Take care while working with boiling water.



HOT BREW ICE TEA

Use 1 teabag for every 250ml **boiling water** using a jug. Steep 10 min or more. For a stronger infusion steep overnight and/or add extra teabags. Remove teabags and chill. Serve with ice. (Optional: add fruit juice, mint and/or lemon to taste).



UNIT SIZE

20 tagless pillow teabags
50 g/1.76oz

SHIPPER/OUTER SIZE

6 x 20's/50 g units