

CARMIÉN™

Rooibos tea



CARMIÉN FOCUS



Carmién Focus is a flavoursome spicy blend of Rooibos, Masala Chai & Turmeric.

- An excellent anti-inflammatory tea that helps relieve arthritis.
- Cinnamon helps regulate blood sugar levels
- Chai spices were used since ancient times to heal the body and promote heart health
- Turmeric is a powerful anti-inflammatory agent and antioxidant

Ingredients: Rooibos and masala chai spice (cinnamon, cardamom, turmeric, ginger, cloves, black pepper).

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