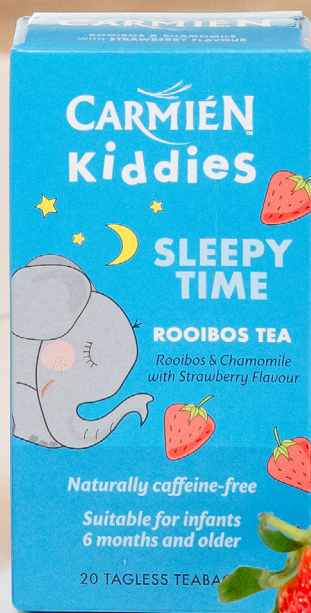
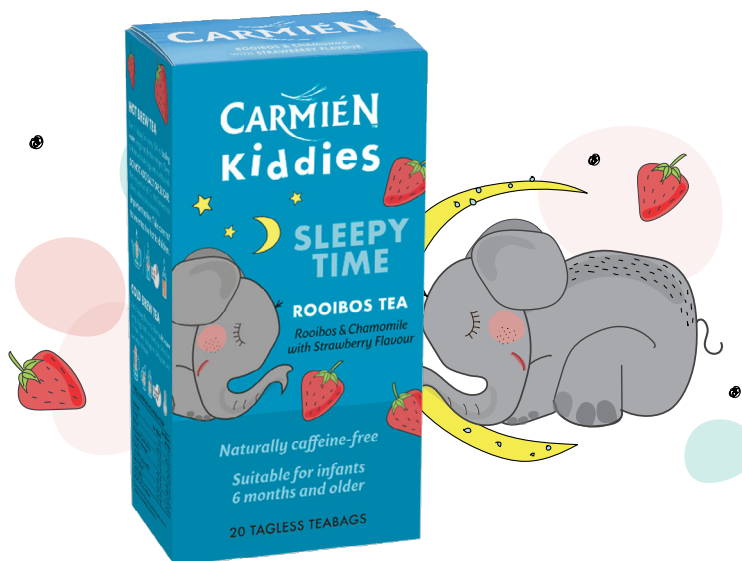


# CARMIÉN

Rooibos tea



## CARMIÉN KIDDIES SLEEPY TIME



**Kiddies Sleepy Time is a specially formulated blend of rooibos and chamomile to ensure a good night's sleep.**

- Calming and relaxing
- Chamomile is long known as a safe, calming herb
- Rooibos is naturally soothing on the nervous system and therefore excellent for hyperactive children
- Natural strawberry flavour gives a delicious taste and lovely aroma

**Ingredients:** Rooibos, Chamomile herb blend (Chamomile, Hibiscus flowers and Rosehip shells) with Strawberry and Tutti frutti flavouring.

### HOT BREW TEA

Use 1 teabag for every 8 fl. oz **boiling water** using a cup, bottle or teapot. Steep 5-10 min or to taste. Enjoy with or without milk.

**DO NOT ADD SALT OR SUGAR.**

Best enjoyed at 140° F. Hot brewed tea chilled, makes a delicious ice tea.

**Important notice: Take care not to serve tea too hot to children.**



### COLD BREW TEA

Use 2 teabags for every 8 fl. oz **cold water** using a jug, bottle or travel cup. Steep for 10 min. Leave teabags in. Refrigerate and use within 24 hours.



### UNIT SIZE

20 tagless pillow teabags  
50 g/1.76oz

### SHIPPER/OUTER SIZE

6 x 20's/50 g units