



**CARMIÉN**  
Rooibos tea

# CARMIÉN NURSING TEA



**South Africa's No1 Nursing Tea. Only the best ingredients are used and great care is taken to ensure safety and maximum efficacy and flavour in every cup.**

Carmién Nursing Tea is a blend of rooibos, fenugreek, fennel and aniseed specially formulated to stimulate and increase lactation.

- Fennel helps with digestion and heartburn
- Stimulates lactation
- Fenugreek helps with milk production and lactation
- Aniseed relieves colic and increases milk production
- Vanilla and aniseed give a smooth, slightly liquorice flavour

Ingredients: Rooibos, fenugreek, fennel and aniseed with vanilla flavouring.

## HOT BREW TEA

Place 3 teabags in a teapot and fill with 750ml boiling water (for a single 250ml serving use 1 teabag). Steep 5-10 min or to taste. Enjoy with or without milk, sugar or honey. Best enjoyed at 60° C.  
Important notice: Take care while working with boiling water.



## ICE TEA

Hot brewed tea chilled makes a delicious ice tea. Add honey or fruit juice if a sweeter ice tea is preferred.



PRODUCT	Nursing Tea
UNIT SIZE	40 tagless pillow teabags 100 g/3.53oz
SHIPPER /OUTER SIZE	12 x 40's/100 g units
SHIPPERS/OUTERS PER PALLET	175
PALLETS PER 20FT CONTAINER	10
SHELF LIFE	2-3 years