



**CARMIÉN**<sup>TM</sup>

Rooibos tea

# CARMIÉN ORGANIC ROOIBOS



**Carmiën Tea brings you rooibos direct from the farm, grown socially just and in harmony with nature. Rooibos is unique to South Africa. Carmiën Organic Rooibos is a superior, well-balanced tea with a natural full aroma and soft sweet taste. This tea is organically grown and free of pesticides.**

It's excellent when on a low kilojoule diet and a must for the health and fitness conscious. Rooibos is high in antioxidants, minerals and has multiple health benefits ranging from cancer prevention, improved heart health, digestive health, aiding mineral absorption, improving skin conditions, anxiety, nervousness and sleep.

Ingredients: *Organic rooibos.*

## 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).



PRODUCT	Natural Organic Rooibos 40s
UNIT SIZE	40 tagless pillow teabags 100 g/3.53oz
SHIPPER / OUTER SIZE	24 x 40's/100 g units
SHIPPERS/ OUTER PER PALLET	105
PALLETS PER 20FT CONTAINER	10
SHELF LIFE	4 years