



CARMIÉNTM

Rooibos tea

CARMIÉN MOM-UPLIFT TEA

A rooibos blend with added Motherwort to help ease feelings of anxiety and depression after giving birth and assist with hormonal imbalances.



Carmién Mom-Uplift is a special blend of rooibos, valerian root, alfalfa and motherwort with an uplifting, comforting caramel flavour. Enjoyed by women post-birthing stage.

- Assists with mood-related symptoms of post-partum depression.
- May balance hormones, ease anxiety and possible feelings of depression.
- Restores the body's natural energy reserves and reduces fatigue.
- It may also increase the milk supply.
- Enjoy 4 – 6 cups daily for the best results.

Ingredients: Rooibos (*Aspalathus Linearis*) (57%), Valerian root (10%), Alfalfa (10%), Blackthorn berry (10%), Motherwort (10%), Caramel flavouring (3%)

Only the best ingredients are used and great care is taken to ensure safety and maximum efficacy and flavour in every cup.

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.



UNIT SIZE

**20 tagless pillow teabags
50 g/1.676oz**

SHIPPER/OUTER SIZE

12 x 20's/50 g units

The information provided is not intended as medical advice. Our products and the information we provide are not intended to diagnose, treat, cure or prevent any disease. Please consult with your healthcare professional before using our teas for any health-related concerns, or if you are taking any medications, are pregnant/nursing (unless we specify that they are safe) or have any mild/serious health conditions. Results may vary among individuals. The efficacy of our teas may depend on factors such as your individual health, lifestyle, diet, consistency, and adherence to suggested use. We do not guarantee specific results.