

# CARMIÉN™

Rooibos tea



## CARMIÉN BRAIN

**NEW  
LOOK  
& IMPROVED  
RECIPE**

**NOW WITH  
ADDED  
LION'S  
MANE**



**Carmién Brain is a special, functional blend of ginkgo biloba, gotu kola, Lion's mane, and ginseng that supports brain health and can help boost your mood, focus, and memory. Lion's Mane may also help with reducing stress and anxiety.**

- Ginkgo Biloba improves cognitive function, positive mood and increased energy
- Gotu Kola enhances brain health by regenerating brain cells
- Lion's Mane may reduce anxiety and improve cognitive function.
- Ginseng helps the body deal with various kinds of stress
- Refreshing orange taste that makes it an excellent tea to drink every day
- Not suitable for persons under the age of 18.

Ingredients: Rooibos (*Aspalathus Linearis*) (67%), Lion's Mane (10%), Ginkgo Biloba (10%), Gotu Kola (5%), Ginseng (5%), Blood orange flavouring (2.5%)

## HOT BREW TEA

Use 1 teabag for every 250 ml **boiling water** using a cup, or teapot. Steep for 4 minutes or teabags can be left in. 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 250 ml **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

12 x 20's/50 g units