



## Vital Chamomile Tea

Chamomile (*Matricaria Recutita*) is one of the best known of all herbs and has been in continuous use from the time of the Egyptians, until today where it is widely available pre-packed in tea bags.

Chamomile is said to aid sleep and used tea bags (soaked in boiling water and cooled) can be applied to soothe inflamed, itching or tired eyes.

The unique blend of pure German Chamomile Flowers, Rooibos and Honeybush tea has been carefully blended for both the unique benefits of Chamomile and as a tasty aromatic tea.



- Chamomile has a calming effect on the digestive system
- Helps to alleviate colic and flatulence
- Alleviates halitosis associated with a bad diet
- Benefits the health of the bladder
- Assists in reducing fever and inflammation
- Alleviates arthritis and muscle cramps
- It's pain relieving properties can help alleviate headaches and pain

### Serving Suggestions

Chamomile tea is traditionally enjoyed without milk and sugar. If sweetening is required we recommend a teaspoon of Honey. To pleasantly freshen the flavour, add a slice of fresh lemon. For maximum flavour, allow Vital Chamomile Tea to brew for 3 to 7 minutes before removing the tea bag.

### Free From

- Caffeine (naturally caffeine free)
- Flavourants
- Artificial colourants
- Lactose
- Yeast

### Warnings

Do not use when pregnant or breast-feeding.

Use with caution if on anticoagulant therapy.

If sleeplessness persists for more than 3 weeks, consult a physician

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## PRODUCT TRADE SPECIFICATIONS

### Vital Chinese Green Tea



- Date first released to market – 23 June 2008
- Consumer Unit Bar Code Number – 6001464161089
- Consumer Unit Pack Form – Recycled fibreboard (paperboard) box
- Tamper Evidence – Tear away tab
- Consumer Unit Pack Weight – 100g
- Consumer Unit Pack dimensions - 140 mm high x 72 mm wide x 67 mm deep
- Pack Size – 24 Individually wrapped and tagged tea bags
- Trade Unit Pack Form – Shrink wrapped
- Trade Unit Pack Weight – 1.22 kg
- Trade Unit Pack dimensions - 140 mm high x 297 mm wide x 206 mm deep
- Trade Unit Contains – Shrink wrap of 12
- Vital Health Foods Item Number – 16108P