

UK Product Name	Vital Man Tea	Code Name	TVM
Availability	Stock item in UK		

Description Increases energy and the enjoyment of life.

A balanced formula including basil, that supports the mind-body connection, ashwagandha that helps you adapt to stress and giant potato and that helps the integration of the whole physiology. Ginger, cardamom and jaggery play a supporting role by enhancing the absorption and utilisation of the other ingredients.

Ingredients

Botanical Name	Common Name	Plant Part	Rank	%	Quantity()
Ocimum sanctum Linn.	Holy Basil		1	0	
Ipomoea digitata Linn.	Giant Potato		2	0	
Withania somnifera (L.) Duna	Aswagandha		3	0	
Saccharum officinarum Linn.	Sugar Cane		4	0	
Zingiber officinale Rosc.	Ginger		5	0	
Elettaria cardamomum (Linn.)	Cardamom		6	0	
Myristica fragrans Houutt.	Nutmeg		7	0	

Contraindications/Precautions	None
Over dose and its Management	If there is discomfort discontinue use temporarily
Side Effects and Interactions	None known

Usage

Age Group	All
Dosage Form	2.0g teabags
Method of Use	Infuse one teabag in boiling water for 3-5 minutes. Add milk and sugar to taste.
How Long to Continue Use?	As required
Specific Dietary/Lifestyle Advice	

Presentation

Presentation	20 wrapped and tagged teabags in a cardboard box.
Net Weight grams	40
Storage	Store in a cool, dry, dark place, tightly closed
Shelf Life (months)	36

Regulatory Status	Food Supplement
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