

<b>UK Product Name</b>	Organic Vata Tea	<b>Code Name</b>	TV
<b>Availability</b>	Stock item in UK		
<b>Description</b>	A sweet and soothing tea that helps to keep you balanced during hectic mental and physical activity.		

## Ingredients

Botanical Name	Common Name	Plant Part	Rank	%	Quantity()
Glycyrrhiza glabra Linn.	Liquorice	root	1		
Zingiber officinale Rosc.	Ginger	rhizome	2		
Elettaria cardamomum (Linn.)	Cardamom	fruit	3		
Cinnamomum zeylanicum Bl	Cinnamon	bark	4		

<b>Contraindications/Precautions</b>	None
<b>Over dose and its Management</b>	NA
<b>Side Effects and Interactions</b>	None known

## Usage

<b>Age Group</b>	All
<b>Dosage Form</b>	1.2g teabags
<b>Method of Use</b>	Infuse one teabag in boiling water for 3-5 minutes. Add milk and sugar to taste.
<b>How Long to Continue Use?</b>	As required
<b>Specific Dietary/Lifestyle Advice</b>	

## Presentation

<b>Presentation</b>	15 wrapped and tagged teabags in a cardboard box.
<b>Net Weight grams</b>	18
<b>Storage</b>	Store in a cool, dry, dark place, tightly closed
<b>Shelf Life (months)</b>	42

<b>Regulatory Status</b>	Food
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