

UK Product Name	Organic Vata Tea	Code Name	TV
Availability	Stock item in UK		
Description	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 Blu	Cinnamon	bark	4		

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

Usage

Age Group	All
Dosage Form	1.2g 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	15 wrapped and tagged teabags in a cardboard box.
Net Weight grams	18
Storage	Store in a cool, dry, dark place, tightly closed
Shelf Life (months)	42
Regulatory Status	Food