

UK Product Name	Organic Kapha Tea	Code Name	TK
Availability	Stock item in UK		
Description	A spicy, invigorating tea ideal when you need a pick-me-up and in cold and damp weather.		

Ingredients

Botanical Name	Common Name	Plant Part	Rank	%	Quantity()
Zingiber officinale Rosc.	Ginger	rhizome	1		
Syzygium aromaticum (Linn.)	Clove	flower bud	2		
Elettaria cardamomum (Linn.)	Cardamom	fruit	3		
Piper nigrum Linn.	Black Pepper	fruit	3		
Curcuma longa Linn.	Turmeric	rhizome	5		
Crocus sativus Linn.	Saffron	stigma&style	6		

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