

UK Product Name Vata Tea Family pack **Code Name** MA0946
Availability Stock item in UK

Description Liquorice, cinnamon, cardamom and ginger give this tea a full and sweet taste that produces a harmonising and soothing effect. Especially suitable while travelling, in the evening, and in hectic situations.

Create a zone of inner calm

That 'too-much-to-do, too-little-time' feeling can cause you to be on edge, restless, anxious. A few sips of Vata Tea will help your whirling mind settle down and your body relax. Whether at work, at home, or on the road, sweet soothing Vata Tea can help you stay calm and alert.

-Liquorice contributes the sweet taste, useful for pacifying Vata.

-Cardamom is tridoshic (good for balancing all three doshas). Cardamom is considered an excellent digestive, especially for keeping stomach and intestinal gas in balance.

-Ginger is a zesty spice useful in aiding digestion, enhancing appetite, and keeping the stomach healthy .

-Cinnamon is widely used to balance the digestion

Ingredients

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

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

Usage

Age Group All
Dosage Form 1.7g teabags
Method of Use Infuse one teabag in boiling water for 3-5 minutes. Add milk and sugar to taste. Take 2-3 times daily
How Long to Continue Use? As desired
Specific Dietary/Lifestyle Advice

Presentation

Presentation 75 wrapped and tagged teabags in a cardboard box.
Net Weight grams 127.5
Storage Store in a cool, dry, dark place, tightly closed
Shelf Life (months) 24

Regulatory Status Food