

UK Product Name Pitta Tea Family Pack **Code Name** MA0947
Availability Stock item in UK

Description This subtle mixture containing rose petals and mild spices possesses cooling and Pitta pacifying characteristics. Keeps you cool under pressure.

Chill out!
 A delicious combination of fragrant Rose Petals and refreshing spices, Pitta Tea is the perfect answer when you're feeling intense or frustrated. Drunk warm or cool, it helps cool down your mind, body and emotions.

- ☐Rose Petals are considered cooling in Ayurveda, helping to pacify Pitta dosha.
- ☐Liquorice contributes the sweet taste, useful for pacifying Pitta.
- ☐Cardamom is tridoshic (good for balancing all three doshas), but people trying to keep Pitta in balance should eat it in smaller amounts. Cardamom is considered an excellent digestive, especially beneficial in keeping stomach and intestinal gas in balance.
- ☐Ginger is a zesty spice useful in aiding digestion, enhancing appetite and pacifying stomach disorders.
- ☐Cinnamon is widely used to help maintain a good digestive system.

Ingredients

Botanical Name	Common Name	Plant Part	Rank	%	Quantity(mg/teabag)
Elettaria cardamomum (Linn.	Cardamom	fruit	1		
Glycyrrhiza glabra Linn.	Liquorice	root	2		
Zingiber officinale Rosc.	Ginger	rhizome	3		
Rosa centifolia Linn.	Cabbage Rose	petal	4		
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.
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