

UK Product Name Kapha Tea Family Pack **Code Name** MA0948
Availability Stock item in UK

Description Ginger and other aromatic spices make this hot and spicy tea into a reviving drink. It is especially good for cold, wet weather, in spring and at breakfast.

Add zest to your life
 A stimulating blend of spices that perk up body and mind, Kapha Tea is guaranteed to wake you up. 100% herbal Kapha Tea is a caffeine-free alternative to coffee, great for early mornings or damp, cold days. Includes Ginger, Pepper and Saffron.

- ☐Dried ground ginger is a warming spice, contributing the pungent taste. It helps pacify Vata and Kapha and increases Pitta. It is included in many Maharishi Ayurveda formulations because for its numerous health promoting qualities.
- ☐In Ayurveda cloves are considered to enhance circulation, digestion and metabolism.
- ☐Black Pepper is an important spice because of its cleansing and antioxidant properties. It enhances bioavailability by helping to transport the benefits of other herbs to the different parts of the body. It also helps the free flow of oxygen to the brain, helps enhance digestion and circulation and stimulates the appetite.
- ☐Cardamom is tridoshic (good for balancing all three doshas). Cardamom is considered an excellent digestive, especially beneficial in keeping intestinal gas in balance. It is excellent for keeping the mucous in the stomach and the lungs in balance.
- ☐Turmeric is ubiquitous in Ayurvedic cooking. It contains the flavanoid curcumin, which is known to have anti-inflammatory properties. This all-around wonder spice is said to help detoxify the liver, balance cholesterol levels, maintain resistance to allergies, stimulate digestion, support immunity and enhance the complexion. It is also an antioxidant.
- ☐In ayurvedic cooking, saffron is used widely: in desserts, vegetable dishes and to season rice. It is used for both its royal colour and delicate aroma.

Ingredients

Botanical Name	Common Name	Plant Part	Rank	%	Quantity(mg/teabag)
Zingiber officinale Rosc.	Ginger	rhizome	1		
Syzygium aromaticum (Linn.)	Clove	flower bud	2		
Piper nigrum Linn.	Black Pepper	fruit	3		
Elettaria cardamomum (Linn.)	Cardamom	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 1.7g 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