

# HERBAL WEIGHT LOSS TEA



*Chinese Herbal Weight loss tea is a safe effective approach to achieving your optimal healthy weight. It helps you to lose weight naturally and gradually by cleansing and toning your digestive system.*

## BENEFITS:

### Supports Metabolic System

- Helps with maintenance of healthy body weight (Illicum leaf)
- Increases metabolic rate and increases fat burning (Oolong Tea)

### Supports Digestive System

- Excellent source to help maintain a healthy weight
- Cleanses digestive system for optimal functioning
- Acts as a natural laxative (Cassia seed)

### Supports the liver

- Helps clear blemishes and brightens your complexion (Oolong tea)
- Holds antiseptic and detoxifying properties

## UNIQUE FEATURES & BENEFITS:

Oolong tea is a great source of Vitamin C – one or two cups a day provides the equivalent of three glasses of orange juice or two capsules (200 mg) of Vitamin C

Tea tannins, called Catechins (polyphenols) appear to have very potent antioxidant properties.

## FREQUENTLY ASKED QUESTIONS:

How does this tea help me lose weight?

Oolong tea helps prevent obesity and fatty liver induced by a high-fat diet.

(Han LK, Intl J Obes Relat Metab Disord., 1999)

It also tones the digestive system, which will help restore balance in your body.

For best results, combine Weight Loss Tea with a healthy diet and physical activity.

## KEY REFERENCES:

1. Consuming Oolong tea could have the benefit of helping an individual lower and maintain a healthy body weight (Tsui, et al., Journal of Nutrition, 2001)
2. A study conducted on men showed that those that consumed Oolong tea tended to have raised metabolic rates, and in turn, the body burned more fat. This suggests that drinking Oolong tea should be part of any weight management program. (Beltsville Human Nutrition Research Center, MD)
3. A study has showed that Lotus Leaf can balance glucose levels, specifically by improving glucose tolerance, reducing glucose absorption, and even lowering increased glucose levels. (Pulok K., et al., Journal of Ethnopharmacology, 1997)
4. Cassia seeds have been found to have a positive effect on metabolism, by regulating the actions of glucose and lipids. (Junbao Y et al., Zhong Yai Cai, 2004)

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**INGREDIENTS & SUPPLEMENTAL FACTS:**

Each Teabag contains:

Lotus leaf ( <i>Nelumbo nucifera</i> )	525mg
Cassia seed ( <i>Cassia obtusifolia</i> )	300mg
Oolong Tea ( <i>Camellia sinesis</i> )	255mg
Alisma root ( <i>Alisma orientalis</i> )	180mg
Chinese holly ( <i>Ilex cornuta</i> )	105mg
Rhubarb ( <i>Rheum palmatum</i> )	90mg
Tangerine ( <i>Citrus reticulata</i> )	45mg

60g 40 Tea Bags of 1.5g each/ box

**DIRECTIONS FOR USE:**

One tea bag per cup. Drink one cup of tea before each meal, three times a day.

Store in a cool dry place at room temperature.

It is intended to be consumed everyday.

**WARNINGS:**

Keep out of reach of children. If you are pregnant or lactating, or taking a prescription medication, consult a physician before using this product.

Especially helpful for people who have difficulties swallowing tablets.

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