

VITALITEA

natural detoxification support

HBNaturals
PRODUCT INFORMATION PAGE



ingredients

Organic Green Tea, Organic Matcha Green Tea, Organic Oolong Tea, Organic Red Clover Herb, Organic Passionflower, Organic Cacao Nibs, Organic Cardamom, Organic Fennel Seed, Organic Cinnamon Bark, Organic Elicampagne Root, Organic Licorice Root, Organic Burdock Root, Organic Chamomile Flowers, Organic Eleuthero Root, Organic Lemon Peel, Organic Alfalfa, Organic Ginger Root, Organic Clove

suggested use

- Bring 4 cups of water to a boil and remove from heat. Add 1 teaspoon of VITALITEA to the heated water, cover, and steep at least 2 hours or overnight. Add sweetener or lemon to taste. Refrigerate. The tea can be consumed hot or cold. Drink all 4 cups of VitaliTea before 4:00 pm.

responsible cautions

- Keep out of reach of children and pets.
- If you are pregnant, nursing, or under a doctor's care, consult your healthcare provider prior to use.

The information in this document has not been evaluated by the FDA and is not intended to treat, diagnose, cure, or prevent any disease. This information is not intended as a substitute for the advice or medical care of a qualified healthcare professional and you should seek the advice of your healthcare professional before undertaking any dietary or lifestyle changes. This information is provided for educational purposes only.

product summary

VITALITEA is one of the most powerful detox teas available for micronutrient delivery and elimination of undigested waste in your colon and your digestive system.*

VITALITEA is filled with compounds from plants that gently cleanse your digestive system and support your health with naturally occurring phytonutrients, high antioxidants, and known healing herbs.*

Steeping VITALITEA for up to twelve hours, although steeping for just a couple of hours will also work, creates a phytonutrient rich cocktail for your cells. The longer the herbs steep, the more vitamins and minerals that will be extracted.*

All the water soluble components in the herbs float in the mild but fragrant brew. They are immediately absorbed by the cells as VITALITEA enters your system. Antioxidants, polysaccharides, oligosaccharides, flavonoids, terpenes, phytosterols, alkaloids... the list becomes thousands of compounds in each of these families of phytochemicals.*

ingredient highlights

- **Green Tea:** Used as a medicine for thousands of years in China, Green Tea has a multitude of uses from lowering blood pressure to fighting cancer. Several studies suggest that the flavonoids and caffeine in Green Tea may assist with elevating metabolic rate, increasing fat oxidation, and improving insulin activity.*
- **Matcha Green Tea:** Used in Japanese tea ceremonies for hundreds of years, Matcha Green Tea has been heralded by top nutritionists and health experts. EGCG, the major antioxidant in Green Tea has been linked to potential weight loss benefits, and Matcha has more EGCG than regular Green Tea. The EGCG in Matcha may boost metabolism during moderate-intensity exercise, thus enhancing weight loss, suggests one study. Numerous studies have shown Matcha Green Tea's naturally-occurring chemical compounds are anti-carcinogenic. It is also rich in antioxidants, encourages natural detoxification in the body, and possesses free-radical scavenging capabilities.*
- **Matcha Green Tea:** A 2009 study published in the Chinese Journal of Integrative Medicine revealed that participants who consumed Oolong Tea for six weeks decreased both their weight and their body fat. In 2014, an animal study published in The Journal of Nutrition reported that the polyphenols from Oolong, Green, or Black Tea helped increase weight loss and fat loss even in the presence of a high-sugar diet.*