

# African Sunrise™ Organic Rooibos Tea



Imported by Natural Wellness Centers of America™ Inc.

**African Sunrise™ Organic Rooibos Tea has more  
“Anti-Oxidant Proprieties” than Green tea and tastes great.**



African Sunrise Rooibos Tea

**(Pronounced “Roy Boss”)**

Known in South Africa as "Red Bush" because of the color of its leaves, **African Sunrise™ Rooibos tea** is believed by indigenous peoples to have great healing powers; it has been consumed for thousands of years and has been cultivated since the 1930's. Today it is a popular and highly regarded drink throughout South Africa and Europe as well as Japan, many calling it the **"miracle tea."**

## Great Health benefits

Aichi Medical University, Japan and University of the Orange Free State, Dept. of Chemistry, South Africa show **Rooibos Tea to be**

**rich in minerals, containing large amounts of antioxidants!**

**African Sunrise Rooibos Tea has no caffeine, no oxalic acid, very low tannin content, and abundant amounts of: Antioxidants, Phytochemicals, Potassium, Copper, Magnesium, Calcium, Iron, Zinc, Manganese and Fluorine.**

Antioxidants boost the immune system by eliminating "free radicals" and they also show promise in supporting a healthy heart. Japanese research shows very high antioxidant activity due to the flavonoid compounds and antioxidants found in **African Sunrise™ Rooibos Tea**.

## African Sunrise™ Organic Rooibos Tea Preparation

African Sunrise™ Rooibos Tea is brewed like ordinary tea. Use two - three tea bags of Rooibos per 12 cups of water. Pour boiling water over the teabags and steep a minimum of 20 minutes ... the longer the better. You may wish to simmer it on the stovetop. The longer you steep it the more the anti-oxidants come out! Because there is very low tannin content, African Sunrise™ Rooibos Tea can steep almost indefinitely without getting bitter. It is routinely steeped 20-30 minutes or more, and drank hot, cold or iced with citrus garnish. In South Africa, it is often served hot with milk. It can be reheated with no loss of flavor. Though African Sunrise™ Rooibos Tea has a naturally sweet taste, natural sweeteners like stevia extract or raw honey may be added.

**TRY ALL THE DELICIOUS AFRICAN SUNRISE™ ORGANIC ROOIBOS TEA FLAVORS. LEMON, EARL GRAY, VANILLA, AND ORGANIC ORIGINAL!**

**African Sunrise™ Rooibos Tea** contains no caffeine. Caffeine can be harmful to the central nervous system causing irritability, erratic sleep patterns and more. According to new studies done at Duke University, the caffeine in your morning coffee is confirmed to put you in a state of sustained stress throughout the day. Cutting back on caffeine is a recommended way to not adversely affect your health.

**African Sunrise™ Rooibos Tea** is an extremely healthy drink and it is a product tailor-made for today's life-style. A hot, soothing cup of African Sunrise™ Rooibos Tea is completely pure and natural, containing no additives, preservatives or artificial colors of any kind. It is low in tannin, a substance that adversely affects the body's metabolism by decreasing the absorption of iron and protein. The clean, aromatic flavor of **African Sunrise™ Rooibos Tea** can safely be enjoyed in unlimited quantities throughout the day, with no harmful side effects.



# African Sunrise™ Organic Rooibos Nutrient Chart

NUTRIENTS	FUNCTION IN THE BODY	PER 7 OZ.
Iron (Fe)	Essential for transport of oxygen in the blood	0.07mg
Potassium (K)	Important electrolyte necessary for metabolic function	7.12mg
Copper (Cu)	Necessary for different metabolic processes	0.07mg
Calcium (Ca)	Necessary for strong teeth and bones	1.09mg
Manganese (Mn)	Necessary for metabolic processes and for bone growth and development	0.04mg
Fluorine (F)	Naturally occurring in all teas and is necessary for healthy teeth and bones	0.22mg
Zinc (Zn)	Essential for immune strength normal growth & development and glowing healthy skin	0.04mg
Magnesium (Mg)	Necessary for a healthy nervous system and for other metabolic processes	1.57mg
Sodium (Na)	Necessary for fluid and acid-base balance	6.16mg

## What African Sunrise™ Organic Rooibos Tea Can Do For You

- ❖ African Sunrise™ Rooibos Tea contains no caffeine, thus people suffering from irritability, headaches, disturbed sleeping patterns, insomnia, nervous tension, mild depression or hypertension can drink it without the bad effects of caffeine. African Sunrise™ Rooibos Tea also has a soothing effect on the central nervous system.
- ❖ Stomach and indigestion problems like occasional nausea, occasional vomiting, occasional heartburn, stomach ulcers and constipation may be soothed by drinking African Sunrise™ Rooibos Tea.
- ❖ African Sunrise™ Rooibos Tea has anti-spasmodic properties which may aid in the relief of occasional stomach cramps and colic in infants.
- ❖ African Sunrise™ Rooibos Tea, because of its anti-oxidant content, is beneficial in the management of free radical exposure from a polluted environment.
- ❖ African Sunrise™ Rooibos Tea has a soothing effect on the skin, relieving itching and certain skin irritations, like dry skin, diaper rash and acne, when directly applied to the affected area.
- ❖ African Sunrise™ Rooibos Tea is a soothing drink for people on a low calorie diet, without adding calories.
- ❖ Since African Sunrise™ Rooibos Tea contains no oxalic acid so it's easy on the kidneys and can be consumed freely.
- ❖ African Sunrise™ Rooibos Tea is an all day drink that can be used as a starter in the morning, a superb thirst-quencher during the day and help you relax and sleep well at night.



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