

# ORGANO™

## ORGANIC GREEN TEA & ORGANIC GANODERMA

Mild, refreshing, and smooth. Consumption of 1 cup (250 ml) of green tea increases antioxidant capacity in the blood.



Organo™ Organic Green Tea is a mild tasting, yet power packed green tea that is combined with organic ganoderma lucidum for a double dose of flavor. It's a tea you can enjoy hot or brewed and chilled for a cooling and refreshing drink.

### WHAT IS IT?

Organo™ Organic Green Tea combines the properties of green tea, with the prized ganoderma lucidum mushroom for a flavorful drink. Green tea contains polyphenols that are naturally occurring. Ganoderma lucidum contains antioxidants. Combine the two and you get a drink that's equal parts delicious and nutritious.

### KEY INGREDIENTS

**Organic Green Tea** – Green tea is made from unfermented leaves and reportedly contains the highest amount of polyphenols antioxidants.

**Ganoderma** – also known as the red Reishi mushroom, this mild flavor adds a note of depth to the tea flavor and brings its own benefits. Ganoderma mushrooms provide triterpenoids and amino acids.

Nutrition Facts / Valeur Nutritive	
Serving Size / Portion: 1 Sachet (0.07 oz / 2.0g)	
Servings per Container / Portions par Contenant: 25	
Amount per Serving / Quantité par Portion	
Calories / Calories 5	
% Daily Value / % Valeur Quotidienne	
<b>Total Fat / Total Lipides</b> 0g	<b>0%</b>
<b>Sodium / Sodium</b> 0mg	<b>0%</b>
<b>Carbohydrate / Glucides</b> <1g	<b>&lt;1%</b>
Fiber / Fibres <1g	
Sugars / Sucres 0g	
<b>Protein / Protéines</b> 0g	

\* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

\* Le pourcentage des valeurs journalières est basé sur un régime de 2,000 calories. Dépendantes de vos besoins caloriques, vos valeurs journalières peuvent être supérieures ou inférieures.

Ganoderma has been used in traditional Asian culture for thousands of years. The name Ganoderma means "spiritual potency", while the Japanese name Reishi can be translated as "King of Herbs".

### DID YOU KNOW?

Tea is the most consumed beverage around the world, after water. Green tea uses the same tea leaves as black tea that, except it does not go through the same processing, which helps to retain its green color and flavor. Tea has been consumed for thousands of years, making it one of the oldest plant based beverages.

### HOW TO USE IT

Place the tea bag at the bottom of the cup and pour the hot water on top to your desired level. Freshly boiled water, rested for a 2-3 minutes so the temperature drops to 140-185°F, is the ideal heat for when you pour.

Let the tea brew for 1-2 minutes. If you want a stronger taste, let the tea brew for 2-3 minutes.

Make your own flavors by adding ginger, honey, sugar, or cream. Chill and serve cold over ice with fresh mint or lemon.