

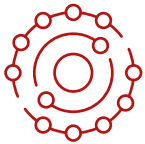
# RED TEA

Delight your senses while strengthening your immune system with a comforting cup of Red Tea naturally rich in antioxidants and enriched with Cordyceps and organic Ganoderma Lucidum. The ORGANO® Red Tea brings a general feeling of calmness.

## DID YOU KNOW?

Cordyceps are mushrooms which used to be reserved for emperors and nobility in ancient China. Considered a “superfood”, it contains antioxidants that help slow the effects of aging and support your body’s immune system. Cordyceps are also adaptogens, and, as the name suggests, it helps your body adapt to high levels of stress.

## SCIENTIFIC BENEFITS TO DRINKING RED TEA:



Increases the absorption of other nutrients like Iron - red tea is rich in antioxidants, reducing the risk of heart disease and premature aging<sup>1</sup>.



Aids in the reduction of bad (LDL) cholesterol and increases the synthesis of “good” cholesterol (HDL)<sup>2</sup>.



A great option if you’re on a weight management plan, improving your metabolism<sup>3</sup>.

## TRY THIS! RED TEA BERRY BLAST.



Enjoy a cool ORGANO® Red Tea on a hot and sunny day, just follow this simple recipe:

- » Steep two bags of ORGANO® Red Tea in a cup of hot water
- » After 10 minutes, remove the bags, add 1/3 cup of mixed berries, 6-8 mint leaves and some ice.
- » Stir and add 1/2 cup of ginger soda.
- » Serve and enjoy!



## FUN FACTS ABOUT TEA:



All tea varieties come from one single plant: **Camellia Sinensis**.



There are around **3,000 types of tea**. All of them are unique, depending on the way they are cropped, harvested and processed.



Tea was so **valuable** during the 18th century, it was stored in locked chests.



Tea is one of **the most popular beverages worldwide**, approximately 3 billion cups are consumed daily.



The countries with **the highest consumption rate** are: Iran, Russia, Turkey, Ireland and the United Kingdom.



One cup of black tea contains the same amount of **antioxidants** as 1 glass of wine (minus the hangover!), 3 glasses of sweet tea, or 6 apples.

Resources:

<sup>1</sup> <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3614697/>

<sup>2</sup> <https://pubmed.ncbi.nlm.nih.gov/20833235/>

<sup>3</sup> <https://pubmed.ncbi.nlm.nih.gov/24060217/>

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