



# Assam Tea

- **Keeps the Mind Fresh**

Enhances mental clarity and alertness, helping to refresh the mind and improve focus.

- **Relieves Cough and Cold Symptoms**

Acts as a natural remedy for relieving symptoms of cough, cold, and respiratory discomfort.

- **Eases Headaches**

Reduces headache intensity and helps in relaxing the mind and muscles.

- **Boosts Instant Energy**

Provides a quick and natural energy boost, helping to improve stamina and productivity.

- **Reduces Anxiety and Stress**

Has calming effects that help in reducing feelings of anxiety, tension, and mental stress.

Use : **Make it like normal tea.**



# Assam Tea

- **Alleviates Discomfort**

Eases general discomfort and improves overall body relaxation.

- **Fights Depression**

Uplifts mood and provides a mild antidepressant effect, promoting a positive outlook.

- **Reduces Laziness and Fatigue**

Helps in overcoming feelings of tiredness and lethargy, making you feel more active and productive.

- **Rich in Antioxidants**

Contains natural antioxidants that help combat free radicals, promoting overall health and well-being.

- **Promotes Digestion**

Aids in digestion and helps soothe the stomach, preventing bloating and indigestion.

Use : Make it like normal tea.