



Green Tea

- **Made from Unoxidised Leaves**

Retains maximum antioxidants and polyphenols due to minimal processing, making it one of the healthiest beverages.

- **Aids in Weight Loss**

Boosts metabolism and increases fat burning, especially during physical activity.

- **Enhances Physical Performance**

Improves endurance and energy levels by mobilizing fatty acids from fat tissues.

- **Improves Digestion**

Helps soothe the digestive tract and supports healthy bowel function.

- **Reduces Stress**

Contains L-theanine, an amino acid that promotes relaxation and reduces anxiety.

Use : Mix 1/4th teaspoon leaves in 240ml warm water.



Green Tea

- **Supports Heart Health**

Helps lower LDL cholesterol and improves blood flow, reducing the risk of cardiovascular diseases.

- **Boosts Brain Function**

Enhances alertness, memory, and focus thanks to its caffeine and antioxidant content.

- **Rich in Antioxidants**

Protects cells from damage and supports overall health by fighting free radicals.

- **Improves Skin Health**

Helps reduce acne, improves skin elasticity, and offers anti-aging benefits.

- **Strengthens Immunity**

Enhances the immune system, making the body more resistant to infections.

Use : Mix 1/4th teaspoon leaves in 240ml warm water.