



AFRICAN | INFUSIONS

CALMI-T

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As with any food crop's *terroir*, the context of the African landscape has a profound impact on the complexity of flavour, aroma and medicinal properties of the plants growing in it.

Drawing on the rich biodiversity and history of traditional healing on the continent, African Infusions sources unique botanical ingredients with traditional use heritages not always known to the Western World, each evoking their own unique African locality.

CALMI-T

This tea, having carminative, anti-spasmodic and analgesic ingredients, will give your body the needed support when there is a lot going on around you. With its calming and uplifting qualities, be assured that your body and your day will not lose their zing.*

- 100% naturally caffeine-free
- Organic

TRADITIONAL USES

Lemon Bush has been used as a popular traditional remedy throughout southern Africa for respiratory problems such as coughs, colds and asthma; to bring down fevers and to treat malaria.*

The healing effects of the Cape Wild Mint are attributed to the menthol, menthone, pulegone and 1,8-cineole found in it, earning it a reputation as a traditional remedy for respiratory problems such as coughs, colds and asthma. As a tea its uses extend to treating stomach ache, flatulence and indigestion. It also contains alkaloids and flavonoids such as quercetin- 3-O-glucoside and apigenin responsible for anti-bacterial and anti-microbial effects. Cape Wild Mint helps to soothe and support the body where it is needed.*

**This product is not intended to diagnose, treat, cure or prevent any disease.*

TASTE OF THE AFRICAN LANDSCAPE

Lemon Bush has a refreshing and lemony taste and aroma that will take you to heady spring days on the African continent. Whilst more gentle in flavour, Cape Wild Mint is no less aromatic than regular Mint and is as energising as a hot summer's day washed clean by a thunderstorm.



Together these ingredients blend into a tea which has a lemon verbena, grassy and peppermint flavour profile.

Exceptionally low in tannins and with plenty of flavonoids and phenolic compounds that possess antioxidant qualities, this tea – which can be enjoyed hot or cold – gives your body's immune system the extra vitality to keep you on the go.

NUTRITION FACTS

Serving size 1 cup brewed tea

Amount per serving

Calories Not established

% Daily Value

All Herbal Ingredients:

Organic *Lippia javanica* herb
1305mg**

Organic *Mentha longifolia* herb
195mg**

** Daily Value (DV) not established

Manufactured for African Infusions by:

Parceval Pty Ltd
38B Lady Loch Road
Wellington 7655
SOUTH AFRICA

Facility certified by CERES and registered with SAHPRA

Organic *Lippia javanica* and *Mentha longifolia* herb certified by CERES



RECOMMENDATIONS

Use by children, pregnant women or lactating mothers is not recommended.

Best stored under cool and dry conditions.

For more information see www.african-infusions.com or feel free to contact us at info@african-infusions.com