

Your daily dose of health & happiness

Sooth

Chamomile/Mint/Lemon



Helps quality sleep



Ease's anxiety

Caffeine Free

Brews 100 Cups Net Wt. 2.65oz (75g)



Your daily dose of health & happiness

Sooth

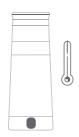
"Chamomile is a flower that has been used for medicinal purposes for centuries. In ancient **Egypt**, it was used for its medicinal properties. Chamomile was also used by the ancient **Greeks** and **Romans** for its medicinal properties, and it was believed to have a calming effect on the mind and body"

How to brew hot tea



Add 1.5 tsp of tea in your Bota-tea bottle or in a tea infuser





Set temperature to 195F (90C) in your Bota or add hot water in tea infuser





Steep your tea for the correct time

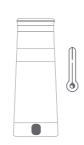
How to brew iced tea





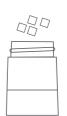
Add 1.5 tsp of tea in your Bota-tea bottle or in a tea infuser





Set temperature to 150F (65C) in your Bota or add hot water in tea infuser





Steep your tea for the correct time and add ice cubes

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Your daily dose of health & happiness

Immune

Green Tea/Jasmine / Peach



Improves immunity



Boosts fat burning

Caffeine Free

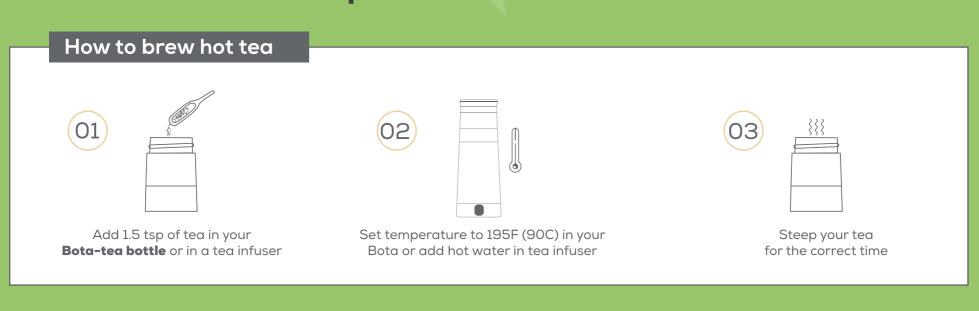
Brews 100 Cups Net Wt. 2.65oz (75g)



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Immune

"Green tea was first produced during the Tang Dynasty (618-907) and was used as a medicine. During the Song Dynasty (960-1279), green tea became popular as a beverage and was enjoyed by the aristocracy and the wealthy. In the 19th century, green tea gained popularity in the West because of its unique flavor and numerous health benefits."



How to brew iced tea



Set temperature to 150F (65C) in your Bota or add hot water in tea infuser



for the correct time and add ice cubes

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