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A Flavia Fresh Pack is a type of single cup hot beverage brewing insert that uses in-the-insert brewing technology to brew a single hot beverage at a time. Much like K-Cups or T-Discs, a Fresh Pack is a pouch that contains the ingredients for a single cup of coffee, tea, or other beverage; the filter to contain those ingredients; and the ability to brew and expel that beverage into a mug or cup.

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