

		TYPE	TIME OF DAY	TASTE	HOW TO BREW	HEALTH BENEFITS	CAFFEINE <i>(per serving)</i>	L-THEANINE <i>(per serving)</i>	POLYPHENOLS <i>(per serving)</i>	INGREDIENTS <i>(all organic)</i>
Ginger Digestion Elixir	Herbal	Morning / Afternoon / Evening	Tangy, minty, sweet	Hot / Cold	Healthy Digestion, Calm, Healthy Metabolism	Caffeine-Free	None	LOW <i>(44-66mg)</i>	Organic ginger, mint*, licorice root*, lemon peel*, orange peel*	
Rooibos Immunity Elixir	Herbal	Morning / Afternoon / Evening	Smooth, woody, sweet	Hot / Cold	Immune Support, Healthy Digestion, Radiant Skin	Caffeine-Free	None	MEDIUM <i>(148-222mg)</i>	Organic rooibos, Madagascar vanilla flavor*	
Hibiscus Beauty Elixir	Herbal	Morning / Afternoon / Evening	Tart, minty, sweet	Hot Only	Radiant Skin, Healthy Metabolism, Calm	Caffeine-Free	None	LOW <i>(31-47mg)</i>	Organic hibiscus, mint*, licorice root*	
Mint Herbal	Herbal	Morning / Afternoon / Evening	Smooth and sweet	Hot / Cold	Radiant Skin, Healthy Digestion, Calm	Caffeine-Free	None	MEDIUM <i>(109-164mg)</i>	Organic spearmint	
Chaga Energy Elixir	Herbal	Morning / Afternoon	Nutty, earthy, bitter	Hot Only	Caffeine-Free Energy, Focus, Immune Support	Caffeine-Free	None	None	Organic burdock, N. American ginseng*, chaga*	
Reishi Calm Elixir	Herbal	Evening	Smooth, sweet, bitter	Hot Only	Calm, Sleep, Regulate Mood	Caffeine-Free	None	None	Organic jujube date, goji berry*, reishi*, monk fruit*	
Electric Turmeric	Herbal	Morning / Afternoon / Evening	Earthy, warm, tangy	Hot Only	Immune Support, Joint Mobility, Healthy Response to Inflammation	Caffeine-Free	None	None	Okinawan turmeric powder, ginger, ceylon cinnamon, turmeric extract	
Cinnamon Herbal Fasting Tea	Fasting	Evening	Spicy, smooth, fresh	Hot Only	Healthy Digestion, Healthy Metabolism, Calm	Caffeine-Free	None	LOW <i>(62-93mg)</i>	Organic burdock root, cinnamon*, whole bergamot*, mint*	
Bergamot Black Fasting Tea	Fasting	Morning / Fasting Window	Tart, earthy, bitter note	Hot Only	Healthy Digestion, Healthy Metabolism, Energy	MEDIUM <i>(30-45mg)</i>	LOW <i>(4-7mg)</i>	LOW <i>(121-181mg)</i>	Organic Black tea, Organic whole bergamot	
Ginger Green Fasting Tea	Fasting	Fasting Window / Afternoon	Tangy, grassy, sweet	Hot / Cold	Healthy Digestion, Healthy Metabolism, Energy	MEDIUM <i>(33-49mg)</i>	MEDIUM <i>(15-23mg)</i>	HIGH <i>(218-327mg)</i>	Organic green tea blend, ginger*, peppermint*, licorice root*, lemon peel*, orange peel*	
Matcha Green Fasting Tea	Fasting	Eating Window / Afternoon	Minty, grassy, silky	Hot / Cold	Healthy Digestion, Healthy Metabolism, Energy	HIGH <i>(48-72mg)</i>	HIGH <i>(27-40mg)</i>	HIGH <i>(294-441mg)</i>	Organic green tea blend, matcha*, mint*	
Passion Fruit	Green	Morning / Lunch / Afternoon	Fragrant, fruity, fresh	Hot / Cold	Energy, Healthy Digestion, Healthy Metabolism	LOW <i>(40-49mg)</i>	MEDIUM <i>(13-19mg)</i>	MEDIUM <i>(153-229mg)</i>	Organic green tea, passion fruit flavor*	
Jasmine	Green	Morning / Lunch / Afternoon	Fragrant, floral, robust	Hot / Cold	Energy, Immune Support, Radiant Skin	MEDIUM <i>(34-50mg)</i>	MEDIUM <i>(12-17mg)</i>	HIGH <i>(215-323mg)</i>	Organic jasmine green tea	
Sencha	Green	Morning / Lunch / Afternoon	Fresh, clean, grassy	Hot / Cold	Energy, Immune Support, Healthy Metabolism	MEDIUM <i>(27-41mg)</i>	MEDIUM <i>(13-20mg)</i>	MEDIUM <i>(161-241mg)</i>	Organic green tea	
Mint Sencha	Green	Morning / Lunch / Afternoon	Cool, minty, grassy	Hot / Cold	Immune Support, Healthy Digestion, Healthy Metabolism	LOW <i>(22-33mg)</i>	LOW <i>(8-12 mg)</i>	MEDIUM <i>(140-210mg)</i>	Organic green tea, spearmint*	
Sun Goddess Matcha	Green	Morning / Lunch / Afternoon	Rich, creamy, grassy	Hot / Cold	Energy, Immune Support, Radiant Skin	HIGH <i>(54-82mg)</i>	HIGH <i>(26-39mg)</i>	HIGH <i>(195-293mg)</i>	Organic Ceremonial Grade Japanese matcha	
Pu'er Green Tea	Fermented	Morning / Lunch / Afternoon	Silky, fresh, aromatic	Hot / Cold	Energy, Immune Support, Radiant Skin	MEDIUM <i>(41-61mg)</i>	MEDIUM <i>(14-21mg)</i>	HIGH <i>(212-318mg)</i>	Organic Pu'er green tea (camellia sinensis assamica)	
Pu'er Black Tea	Fermented	Morning	Silky, woody, robust	Hot Only	Healthy Metabolism, Healthy Digestion, Energy	HIGH <i>(58-87mg)</i>	None	LOW <i>(81-121mg)</i>	Organic Pu'er black tea (camellia sinensis assamica)	
English Breakfast	Black	Morning	Bold, earthy, woody	Hot Only	Energy, Healthy Digestion, Immune Support	MEDIUM <i>(37-56mg)</i>	LOW <i>(4-7mg)</i>	MEDIUM <i>(112-168mg)</i>	Organic Assam black tea, Ceylon black tea*	
Earl Grey	Black	Morning	Smooth, classic, citrus	Hot Only	Energy, Healthy Digestion, Immune Support	MEDIUM <i>(38-57mg)</i>	LOW <i>(3-5mg)</i>	MEDIUM <i>(120-179mg)</i>	Organic Ceylon black tea, oil of bergamot*	
Peach Ginger	Black	Morning	Tangy, fragrant, sweet	Hot Only	Energy, Healthy Digestion, Immune Support	MEDIUM <i>(32-48mg)</i>	LOW <i>(4-6mg)</i>	MEDIUM <i>(96-145mg)</i>	Organic black tea, ginger*, peach flavor*	
Sacred Lily Oolong	Oolong	Morning	Warm, roasted, earthy	Hot / Cold	Healthy Metabolism, Healthy Digestion, Immune Support	MEDIUM <i>(33-49mg)</i>	LOW <i>(2-4mg)</i>	MEDIUM <i>(116-174mg)</i>	Organic Wuyi Mountain oolong tea	
White Peony	White	Lunch / Afternoon	Smooth, woody, subtle	Hot / Cold	Radiant Skin, Immune Support, Calm	MEDIUM <i>(34-52mg)</i>	MEDIUM <i>(12-18mg)</i>	MEDIUM <i>(117-175mg)</i>	Organic Baimudan white tea	