



PRODUCT INFORMATION

SELA COLDS & FLU TEA

Our **SELA Colds & Flu Tea** with Lemon Bush has been specially formulated to relieve colds & flu.

TRADITIONALLY USED FOR:

- ✓ Bronchitis
- ✓ Congestion
- ✓ Breaking fever

OTHER BENEFITS:

- ✓ Influenza
- ✓ Bronchitis
- ✓ Headaches
- ✓ Breaking fever
- ✓ Chest ailments
- ✓ Treating asthma
- ✓ Treating cough & colds
- ✓ Influenza




DISCLAIMER:

If you suffer from a chronic medical condition, consult your healthcare practitioner before using the product.

If you are diabetic, have a heart condition, or use blood thinning medication, drink this tea product only under the supervision of a healthcare professional.

Stop drinking the product if you show any side effects to any of the ingredients. Discontinue use 2 weeks before any surgery.

HOW TO MAKE SELA TEA:

 STEP 1 Boil water	 STEP 2 Add 1 teabag to cup	 STEP 3 Brew for 5-6 minutes	 STEP 4 Enjoy warm or cold
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DIRECTIONS FOR USE:

For best results, drink 2 hours before or after using medication and at least 1 hour before or after meals.

Drink 6 cups of tea and reduce as you start to feel better.

Do not drink if you are pregnant or breastfeeding.

INGREDIENTS:

Each 1.7 teabag contains:

Camellia sinensis (Black Tea)	800 mg
Aspalathus linearis (Rooibos Tea)	550 mg
Lippia Javanica (Lemon Bush)	350 mg

Manufactured by:

Sunpac (Pty) Ltd 148 Western Service Road, Woodmead, Sandton, 2191 Johannesburg, South Africa
Contact: 060 509 3609 www.sela.co.za enquiries@sela.co.za Facebook & Instagram: @selaforbetterhealth