



PRODUCT INFORMATION

SELA CONSTIPATION TEA

Our **Sela Joint & Gout Tea** with Devil's Claw & Imphepho has been specially formulated to support joint health and movement.

TRADITIONALLY USED FOR:

- ✓ Digestion
- ✓ Mild laxative
- ✓ Bowel movement

OTHER BENEFITS:

- ✓ Detoxing
- ✓ Cleansing
- ✓ Mild laxative
- ✓ Improving digestion
- ✓ Relieving constipation
- ✓ Easing bowel movement
- ✓ Improving general health

INGREDIENTS:

Each 1.7 teabag contains:

Camellia sinensis (Black Tea)	1200 mg
Aspalathus linearis (Rooibos Tea)	400 mg
Aloe ferox (Cape Aloe)	100 mg





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
--	---	--	--

DIRECTIONS FOR USE:

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

For severe cases: Drink up to 4 teabags at once, depending on severity, near bedtime.

To maintain: Drink 6 cups of tea a day.

To maintain: Drink 1 – 2 cups of tea a day.

Do not drink if you are pregnant or breastfeeding.

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