



PRODUCT INFORMATION

SELA WOMEN'S HEALTH TEA

Our **SELA Women's Health Tea** with African Ginger has been specially formulated to support with period pains and stomach cramps.

TRADITIONALLY USED FOR:

- PMS
- Thrush
- Period pains

OTHER BENEFITS:

- Tension headache
- PMS
- Thrush
- Period pains
- Stomach cramps

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.

***Available in a 20's Tea box and 16's Pouch.**

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.

For painful periods: Drink up to 4 cups of tea a day.

Do not drink if you are pregnant or breastfeeding.

INGREDIENTS:

Each 1.7 teabag contains:

<i>Camellia sinensis</i> (Black Tea)	1300 mg
<i>Aspalathus linearis</i> (Rooibos Tea)	250 mg
<i>Siponochilus aethiopicus</i> (Wild African Ginger)	150 mg

Manufactured by:

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