



Benefits in Every Brew:

- 🛡️ Antioxidant-rich blend to combat free radicals.
- 🍊 Immunity and vitality boost, fortifying your defences.
- 🌿 Soothe inflammation and enhance joint health.
- 💧 Hydrate, detox and nourish your skin from within.
- ❤️ Support heart health with every delightful sip.

Description

Sea moss, also known as Irish moss, is a nutrient-rich seaweed that has been used for centuries for its medicinal properties. Packed with essential vitamins and minerals, including iodine, iron, calcium, and magnesium, sea moss supports a healthy immune system, aids digestion, and promotes overall well-being. It is also known to nourish the skin, hair, and nails.

Lemon adds a refreshing citrus twist. Rich in Vit.C and antioxidants, provides immune-boosting properties and helps detoxify the body. Its bright flavour uplifts the senses and adds a zing of freshness to every sip.

Ginger, is warming and soothing, complements the sea moss and lemon perfectly. Ginger is renowned for its anti-inflammatory properties and aids digestion. It also adds a pleasant spiciness to the tea, creating a harmonious balance of flavours.

To prepare our Sea Moss, Lemon, and Ginger infused tea, simply steep a tea bag or loose leaves in hot water for a few minutes. Allow the flavors to meld together, and indulge in a cup of goodness that will revitalize your body and mind.

Direction

Steep a tea bag in hot water for a few minutes. Allow the flavours to infuse, and enjoy a cup of goodness.

Ingredients

Sea Moss (*Chondrus crispus*), Lemon, Ginger



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Batch 041518

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LOVINGLY HANDCRAFTED

GENNI brings you a nourishing beverage derived from the nutrient-dense seaweed, a treasure trove of health benefits. 15 Bio degradable pyramid tea bags with Sea Moss, Lemon and Ginger packed with antioxidants and anti-inflammatory benefits, as well as aiding balancing hormones.

This versatile ingredient, rich in minerals like iodine, iron, and potassium, offers a rejuvenating boost to your daily routine. Renowned for its ability to support thyroid function and promote overall well-being, sea moss tea is a delightful way to incorporate this superfood into your diet. Boasting a subtly briny flavour, it can be enjoyed hot or cold, with a splash of honey or sweetener.

Embrace the power of the ocean and indulge in this revitalising elixir, a natural ally for a balanced and vibrant lifestyle. Whether you're seeking a refreshing pick-me-up or a soothing nightcap, sea moss tea is a versatile companion that caters to your unique preferences.