



#### Benefits in Every Brew:

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

#### Discription

Sea moss and ginseng tea is a wonderful herbal blend that combines the benefits of sea moss and ginseng.

Sea moss, also known as Irish moss, is a type of seaweed that is rich in vitamins, minerals, and antioxidants. It is known for its ability to support digestive health, boost the immune system, and promote healthy skin. Sea moss is also a great source of iodine, which is important for thyroid function.

Ginseng, on the other hand, is a medicinal herb that has been used for centuries in traditional medicine. It is known for its adaptogenic properties, which help the body adapt to stress and promote overall well-being. Ginseng is believed to boost energy levels, improve cognitive function, and support the immune system.

When combined, sea moss and ginseng create a powerful tea that can provide a range of health benefits. This tea can be enjoyed hot or cold and can be sweetened with natural sweeteners like honey or maple syrup, if desired. However, it's always a good idea to consult with a healthcare professional before incorporating new herbal teas into your routine, especially if you have any specific health concerns or are taking medications.

#### Direction

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

#### Ingredients

Sea Moss (*Chondrus crispus*), Siberian Ginseng

	  	Genni Oils Ltd, Chelsea SW10 0ST WWW.GENNI.CO.UK Batch 041517 BBD: 28-04-2028
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**LOVINGLY HANDCRAFTED**

GENNI brings you a nourishing beverage derived from the nutrient-dense seaweed, is a treasure trove of health benefits. 15 Bio degradable pyramid tea bags with Sea Moss and Ginseng packed with goodness.

These versatile ingredients, 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. Ginseng is recognised as a natural stimulant.

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.