

## INGREDIENTS:

Chamomile, Cinnamon, Roasted Dandelion Root, Apple Pieces, Rosehip, Puffed Quinoa, Linden Blossom, Natural Flavouring.

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## BENEFITS:

- Chamomile is a traditional remedy for insomnia.
  - Roasted Dandelion Root support overnight cell repair processes.
  - All ingredients are sources of anti-oxidants and natural sleep properties.
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## WAYS TO TAKE:

With hot water - infuse at 95°C for 3 minutes.

For a stronger flavour, leave for longer.

With cold water - throw into water bottle and shake.



FUEL YOUR EXTRAORDINARY