



FUNCTIONAL TEAS & SUPERFOOD BLENDS FOR A HEALTHIER BODY AND MIND NATURALLY

www.betterfoodmood.com | hello@betterfoodmood.com

SLEEP TEA 40g – ROSE CHAMOMILE LAVENDER LOOSE LEAF TEA

This floral herbal tea blend has been crafted for calm moments. It has a delicate floral, smooth and soft flavour, ideal for winding down in the evening. It is comprised of chamomile flowers, lavender buds and rose petals with a scent that makes it feel like a spa in a cup.

As it is a loose leaf tea, it can be brewed in a tea pot or infuser.

All the ingredients used are natural and there are no added sugars or milk powders in this product. This product is completely free from flavourings, preservatives and colours. It is suitable for vegetarians.

The pouch has beautiful calming colours making it a perfect thoughtful gift.

Ingredients:

Rose Petals, Chamomile Flowers, Lavender Buds

Allergens:

May contain traces of tree nuts, peanuts, soya, sesame, eggs, milk, mustard, celery, gluten, sulphites

Storage:

Store in a cool dry place away from light in an air tight container

How to Prepare:

Add 1 tsp or 1 tbsp of this loose leaf blend to your tea pot. Pour boiling water over it and let it steep for 3 – 5 minutes.

Strain into your tea cup and add sweetener if desired.

Testimonials:

"I absolutely love this blend and it is not bitter like other chamomile teas"

"My husband drinks this every night to help him sleep"

"It has a lovely floral taste – it brings back memories of my grandma, she used to have this scent in her garden – she had all these flowers"