



Slimming Aid

Zingy and uplifting, this delicious blend has been created specifically to aid in weight loss, promote satiety, cleanse the body and help improve liver and kidney function. Enjoy!

best brewed at 90°C for 4-6 minutes | hand blended in Tasmania

Organic Alfalfa: rich in chlorophyll and minerals, it is alkalising and cleansing and may help relieve fluid retention.

Organic Oolong Tea: partially oxidised, this variety of tea has a milder flavour than green and black tea, and contains catechins, theaflavins and caffeine. Studies have shown it to help reduce both weight and body fat in humans.

Organic Lemon Balm: helps to improve digestion and calm the mind whilst imparting a delicious lemon flavour.

Garcinia Cambogia: contains hydroxycitric acid, which may help to reduce the body's ability to create fat, as well as potentially increasing serotonin levels to induce a feeling of satiety.

Green Tea: rich in epigallocatechin-3-gallate (EGCG), it has many health benefits and may aid weight loss.

Organic Dandelion: a famous detoxifier that aids liver and gall bladder function and increase metabolism.

Nettle: highly nutritious and a natural diuretic, it can aid the excretion of toxins and uric acid from the body.

Organic Lemon Myrtle: has been shown to help reduce cellulite and act as a natural diuretic, and gives a zingy lemon flavour.

Best avoided during pregnancy



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