



Your Global Link

Rooibos-tea

Rooibos-tea is a caffeine free tea and is rich with vitamins and minerals. It has 50 times more SOD (Super Oxide Dismutase) than the other types of green tea.

SOD is an antioxidant which the body produces, but if we consume more we are helping the body along with removing so-called oxidative radicals or easier said: trash. This is important for the body to work optimally.

Golden Valley Rooibos-tea comes from the bush which grows in the parts of the Cederberg-region near Kapp The Good Hope in South Africa which is not contaminated. It is like a national drink and they call it "The miracle tea" because of its health-promoting character.

Tea consists next per 200 ml:

Calcium.....	1,09ml
Copper	0,07ml
Fluor	0,22ml
Iron	0,07ml
Magnesium	1,57ml
Mangan	0,04ml
Potassium	7,12ml
Natrium	6,16ml
Zink.....	0,04ml



Instruction:

- 1) Clean tea can with boiling water.
- 2) Put a bag in the can and put a boiling water. A bag is enough for 1,5 l tea and it can stay in the can as long as it's water in it.
- 3) Allow tea to steep in 2– 3 minutes before you drink it.

Those used teabags can be recycled in different ways, if you keep moisture in them.

One possibility is to put a used teabag on each eye cover. You can also divide up bags and mix it with water, then you can use it as facial cream.