



HEALTH BENEFITS OF SATTWA CHAI

BLACK TEA:

A mild stimulant.

Research indicates that the polyphenolic compounds found in an infusion of black tea may inhibit the activities of common cancer-causing chemicals.

The sodium and fluoride in black tea support the circulation of bodily fluids through the kidneys.

CINNAMON:

Strengthens and harmonizes the flow of circulation throughout the body.

CARDAMOM:

An antidote to the toxic effects of caffeine on the liver; neutralizes the mucous-forming properties of milk.

Improves digestion and calms the heart. Supports brain cells when combined with black pepper.

GINGER:

A universal medicine that promotes healthy digestion, aids in respiratory ailments, and is beneficial to those with arthritis.

CLOVES:

An effective stimulant and aromatic for the lungs and stomach.

Dispels chills and disinfects the lymphatics.

BLACK PEPPER:

Powerful digestive stimulant and blood purifier. Cleanses the system of toxins.

NUTRITIONAL INFORMATION:

Serving size: 117 grams (4.0 oz)

>> Milk not included <<

Analysis:	Amt.	% Daily Value
Calories	80	
Calories from Fat	0	
Total Fat (gm)	0	0
Saturated Fat (gm)	0	0
Cholesterol (mg)	0	0
Sodium (mg)	5	0
Total Carbohydrate (gm)	19	6
Dietary Fiber (gm)	0	0
Sugars (gm)	19	
Protein (gm)	0	0
Vitamin A (IU)		0
Vitamin C (mg)		0
Calcium (mg)		0
Iron (mg)		2

This information is drawn from the ancient science of ayurveda or science of life, the oldest recorded science of health and well being.

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