

**Suggested Use:** Add boiling water to cup. Steep 1 tea bag 4-6 minutes. Add sweetener if desired.

**Warning:** If you are using this product for any other purpose than as a spice, tea or seasoning please read the following warning: If you are taking any medications or are pregnant or nursing, do not use prior to consulting a physician.

### Supplement Facts

Serving Size 2 g (1 tea bag)  
Servings Per Container 6

Amount Per Serving	% Daily Value
Calories	7
Carbohydrates	1 g <1%†
Fiber	1 g 2%†
Protein	1 g 1%†
Calcium	31 mg 3%
Peppermint leaf cut ( <i>Mentha piperita</i> )	2 g *

\* Daily Value not established  
† Percent Daily Values are based on a 2,000 calorie diet

**KEEP OUT OF REACH OF CHILDREN**  
Distributed by: Indiana Botanic Gardens, Inc.  
3401 W. 37th Ave. Hobart, IN 46342  
To Reorder Call: 1-800-644-8327  
Website: www.botanicchoice.com

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### Supplement Facts

Serving Size 1 g (1 tea bag)  
Servings Per Container 6

Amount Per Serving	% Daily Value
Carbohydrates	1 g <1%†
Chamomile flower whole ( <i>Matricaria chamomilla</i> )	1 g *

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### Supplement Facts

Serving Size 1 g (1 tea bag)  
Servings Per Container 6

Amount Per Serving	% Daily Value
Carbohydrates	1 g <1%†
Vitamin C	2 mg <1%†
Red Clover Blossom ( <i>Trifolium pratense</i> )	1 g *

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### Supplement Facts

Serving Size 2 g (1 tea bag)  
Servings Per Container 6

Amount Per Serving	% Daily Value
Calories	7
Carbohydrates	1 g <1%†
Fiber	1 g 3%†
Japanese Green herb Tea cut ( <i>Camellia sinensis</i> )	2 g *

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### Supplement Facts

Serving Size 5 g (1 tea bag)  
Servings Per Container 6

Amount Per Serving	% Daily Value
Calories	18
Carbohydrates	3 g 1%†
Fiber	2 g 8%†
Sugar	1 g *
Protein	1 g 2%†
Vitamin C	1.1 mg 2%
Fenugreek seed whole ( <i>Trigonella foenum graecum</i> )	5 g *

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Herbal Supplement  
(6 Tea Bags)  
  
Peppermint Leaf



Herbal Supplement  
(6 Tea Bags)  
  
Chamomile



Herbal Supplement  
(6 Tea Bags)  
  
Red Clover Blossom



Herbal Supplement  
(6 Tea Bags)  
  
Japanese Green Tea



Herbal Supplement  
(6 Tea Bags)  
  
Fenugreek

