

TEA: NUTRITION PERSPECTIVE



Most Nutrient Dense



Green Tea

- High content of polyphenols
- Rich in antioxidants
- High in manganese and B2

Best for Gut Health



Peppermint Tea

OR



Ginger Tea

- The menthol in peppermint tea relaxes the muscles in the digestive tract
- Anti-inflammatory gingerols and shogaols found in ginger tea promote digestive health

Lowers LDL- "Bad Cholesterol"



Black Tea

- Reduces the amount of cholesterol absorbed by the intestines
- Theaflavins within black tea can also lower blood cholesterol

Best for Digestion



Chamomile Tea

OR



Fennel Tea

- Contains anti-inflammatory properties that can alleviate heartburn and indigestion
- Relaxation effect- can soothe stomach discomfort and promote relaxation of digestive muscles