

OR TEA?™

proudly presents you

HealTea Juz



OR
TEA?

UBER COOLER

with CuBaMint



UBER COOLER

WITH CuBAMint

COOLING & HYDRATING · DIURETIC

Classically cooling cucumber, uber-detoxing fennel and zesty thirst-busting lime - this super hydrating and refreshing Or Tea? HealTea Juz is the hipsters' super food in a glass.

Ingredients

CUBAMINT



1 sachet
in 200ml cooled

CUCUMBER



½ piece

FENNEL BULB



½ piece

LIME



¼ piece with peel

FRESH BASIL LEAVES



Granish

Star of the Show ★

FENNEL has been hailed for its ability to soothe the digestive system since Roman times, it also helps to relieve water retention and regulate hormones. Not only is it a low-calorie source of Vitamin C, dietary fibre and potassium, it also contains a range of antioxidants and anti-inflammatory volatile oils.

CUCUMBERS are a top rehydrating beauty food rich in collagen-building silica and skin strengthening sulphur. They're packed with bioavailable (easily absorbed) minerals, vitamins and electrolytes making them the perfect go-to for topping up your daily nutrients.

How to Make?

Steep an Or Tea? CubaMint sachet in a cup with 200ml boiling water, set aside and leave to cool - or add an ice cube. Run all of the ingredients through your juicer. Pour the juice and tea into a tall glass, give it a stir and garnish with basil leaves.

Nutritional Facts

Amount per serving

Calories 60

Total Fat 0.2g

Total Carbohydrates 16g

Protein 3g

Fibre 5g



Ross Beckley, mcma

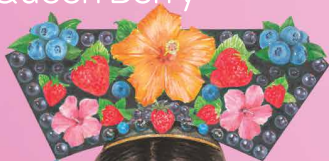
HealTea Juz/Smoofy Creator and Natural Juice Therapist

"By combining different teas with just one fresh juice or smoothie each day you can significantly boost your nutrient intake and within a very short space of time you'll notice the radical impact that just some small changes can have on your health, vitality and waistline".

OR
TEA?

HER ROYAL BERRINESS

with Queen Berry



HER ROYAL BERRINESS

WITH QUEEN BERRY

ANTIOXIDANT · MICROBIOME BOOSTING · ENHANCE BLOOD CIRCULATION

Naturally sweet and bursting with antioxidant-rich berries and cholesterol-lowering carrots, this superfood Or Tea? HealTea Juz will leave you radiating and glowing like a queen.

Ingredients

QUEEN BERRY



1 sachet
in 200ml cooled

BEETROOT



1 piece
small/medium

CARROT



2 medium
size chopped

APPLE



½ piece

MIXED BERRIES



½ cup
Fresh/Frozen

FRESH MINT



Granish

Star of the Show ★

BEETROOTS are a delicate vegetable with a unique group of antioxidants called Betacyanins. These pigments give the beetroot their strong colour and are a key source of their benefits – particularly for supporting the liver, improving circulation and purifying the blood.

CARROTS are often claimed to be the perfect health food. They're weight-loss-friendly and have been linked to lower cholesterol levels and improved eye health due their vitamin A content.

The Pectin (soluble fibre), in carrots can lower blood sugar levels by slowing down your digestion of sugar and starch.

BERRIES have some of the highest levels of active antioxidants per serving of any food. Naturally sweet antioxidant-rich berries support the micro-circulation to the delicate skin around the eyes, lifting dark shadows and giving eyes a healthy sparkle! Furthermore they contain both insoluble & soluble fibre – great for your microbiome.

How to Make?

Steep an Or Tea? Queen Berry sachet in a cup with 200ml boiling water, set aside and leave to cool - or add an ice cube. Run all of the ingredients through your juicer. Pour the juice and tea into a tall glass, give it a stir and garnish with fresh mint leaves.

Nutritional Facts

Amount per serving

Calories **230**

Total Fat 1.5g

Total Carbohydrates 58g

Protein 5g

Fibre 12.8g

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THE SUPERHERO

with Kung Flu Fighter



THE SUPERHERO

WITH KUNG FLU FIGHTER

IMMUNE STRENGTHENING · ANTI-INFLAMMATORY · REDUCES OXIDATIVE STRESS

Bursting with nature's finest immune boosters, vitamin C and beta carotene, The Superhero Or Tea? HealTea Juz is one of the best healthy morning drinks to wake you up.

Ingredients

KUNG FLU FIGHTER



1 sachet
in 200ml cooled

ORANGE



1 piece peeled

APPLE



1 piece

CARROT



3 medium
chopped

GINGER



Grated for
Garnish

Star of the Show ★

An **APPLE** a day keeps the doctor away, and they have been celebrated since antiquity for their health benefits! High in pectin (soluble fibre) and slow-release sugars they help to improve heart health and regulate the body's sugar levels.

ORANGES are renowned for their vitamin C content and they can help reduce the risk of heart disease, kidney stones and support your immune system. They also boost good digestion and have alkalising and detoxifying properties. Oranges are particularly high in soluble fibre, which helps lower cholesterol levels.

How to Make ?

Steep an Or Tea? Kung Flu Fighter sachet in a cup with 200ml boiling water, set aside and leave to cool - or add an ice cube. Run all of the ingredients through your juicer. Pour the juice and tea into a tall glass, give it a stir and garnish with a little grated ginger.

Nutritional Facts

Amount per serving

Calories **230**

Total Fat 1.5g

Total Carbohydrates 58g

Protein 5g

Fibre 12.8g



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TROPICAL ADVENTURE

with Tropicoco



TROPICAL ADVENTURE

WITH TROPICOCO

FIBRE RICH · IMMUNE STRENGTHENING · BOOSTS HEART HEALTH

Revitalising and refreshing, this fabulous Or Tea? HealTea Juz, combining cleansing and tropical grapefruit, sweet, fibre-full carrots and spicy ginger, is guaranteed to have you dreaming of palm-fringed shorelines.

Ingredients

TROPICOCO



1 sachet
in 200ml cooled

RED GRAPEFRUIT



½ piece peeled

CARROT



2 large pieces
chopped

GINGER



3cm

MINT LEAVES



Garnish

Star of the Show



GRAPEFRUIT is wonderfully rich in nutrients, antioxidants and fibre despite being 90% water. It's an excellent source of vitamin C, which strengthens your immune system and helps to give your skin a radiating glow. It's also renowned for aiding with weight loss and a reduced risk of heart disease.

CARROTS are often claimed to be the perfect health food. They're weight-loss-friendly and have been linked to lower cholesterol levels and improved eye health due to their vitamin A content. The Pectin (soluble fibre) in carrots can lower blood sugar levels by slowing down your digestion of sugar and starch.

How to Make ?

Steep Or Tea? Tropicoco sachet in a cup with 200ml boiling water, set aside and leave to cool - or add an ice cube. Run all of the ingredients through your juicer. Pour the juice and tea into a tall glass, give it a stir and garnish with mint leaves.

Nutritional Facts

Amount per serving

Calories **230**

Total Fat 1.5g

Total Carbohydrates 58g

Protein 5g

Fibre 12.8g



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PEARFECTION

with EverGinger



PEARFECTION

WITH EVERGINGER

ENERGY BOOSTER · GUT HEALTH · ANTI-INFLAMMATORY

The simple combination of this Or Tea? HealTea Juz is simply delicious and sweet with warm tangy notes of spicy ginger. Garnish your tea juice with mint to wake up your mouth – and your senses!

Ingredients

EVERGINGER



1 sachet
in 200ml cooled

PEAR



2 pieces

GINGER



3cm

MINT LEAVES



Garnish

Star of the Show

PEARS are simply an amazing source of goodness. They're a cooling, uplifting low allergy fruit providing an excellent source of pectin (water-soluble fibre) which helps keep you full and keeps your heart and gut healthy. They're rich in natural, healing enzymes and they contain useful amounts of beta carotene and B vitamins as well as traces of copper, phosphorus, potassium, which helps counteract excess sodium.

GINGER is among the healthiest and most delicious spices on the planet, famed for its use in traditional and alternative medicine. It's loaded with antioxidants, compounds that prevent stress and damage to your body's DNA and it's often used to aid digestion, reduce nausea and help fight the flu and common cold. Ginger is high in gingerol, a substance with powerful anti-inflammatory and antioxidant properties.

How to Make?

Steep OrTea? Everginger teabag in a cup with 200ml boiling water for 5 minutes, remove the teabag and set aside to cool - or add an ice cube. Run all of the ingredients through your juicer. Pour the juice and tea into a tall glass, give it a stir and garnish with fresh mint leaves.

Nutritional Facts

Amount per serving

Calories	215
Total Fat	0.7g
Total Carbohydrates	53g
Protein	1.8g
Fibre	11.2g

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Interested?

Please contact us for further details:
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