



# NAMDO • CHA

TEA FOR EVERYDAY WELLNESS



## REGULATE **Roasted Helianthus Tuberosus**

Regulates balance of insulin and glucose

Contains prebiotic which promote gut health and improved digestion

Increases absorption of calcium and improves bone health

Decreases blood cholesterol levels and help prevent heart disease and stroke

Supports immune system and repairs body's cells and tissues



## STIMULATE **Roasted Bitter Melon**

Lowers blood sugar levels and reduces risk of developing diabetes

Contains lectin which suppresses appetite

Prevents growth and reproduction of cancerous cells

High in antioxidants that prevent chronic diseases and autoimmune diseases

Contains Vitamin C which eliminate free radicals



## REDUCE **Roasted Burdock Root**

Reduces cholesterol levels and aid in diet

Promotes better circulation of blood for healthier skin

Contains various minerals - magnesium, potassium, calcium, and iron

Abundant in Saponin, a nutrient compound that improves overall wellness

Contains antioxidants that eliminate toxins and boost immunity



## CLEANSE **Roasted Sword Bean**

Reduces inflammation to combat acute or chronic sinus diseases

Cleanses the kidney and rids the body of toxins

Improves circulation and lymphatic drainage

Increases nutrient uptake and promotes regular bowel movement

Supports a healthy cardiovascular system