

## Milk Thistle

Native to the Mediterranean region, milk thistle (*Silybum marianum*) gets its name from the milky white sap that is found in the leaves and stem. Amazingly, all parts are edible, but European herbalists have traditionally used the seeds to help alleviate stomach upset.\*

Alvita Milk Thistle Tea is made with premium-quality, organic milk thistle seeds, and has a pleasantly delicate flavor.

### Supplement Facts

Serving Size: 1 tea bag

Amount Per Serving	% DV
Organic Milk Thistle (seeds)	3g †

† Daily Value not established.

**WARNING:** If you are pregnant or nursing, taking any medication or have any medical condition, consult a health care professional before use. **KEEP OUT OF REACH OF CHILDREN.**

\* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Distributed by:  
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ORGANIC

# ALVITA®

Since 1922

## Milk Thistle

Herbal Supplement

Traditionally used to help  
alleviate stomach upset\*



24 Tea Bags  
NET WT 2.54 OZ (72g)



## Preparation

Place one tea bag in a cup and add 8 oz of boiling water. Cover and steep for 15 minutes. Gently squeeze tea bag and remove.

### Directions for use:

We recommend 4 cups daily.

- Add sweetener if desired
- Naturally caffeine free

### HOW TO BREW

Pour	Temp.	Steep
8 oz	212° F	15 min
1	2	3

## The Alvita Story...

In 1922, a new era for tea consumption began in America. The herb alfalfa, long known for its beneficial nutrients, was packaged in tea bags and sold to an emerging health food market. This product became known as Alvita and set the standard for future herbal teas. Today, Alvita represents more than forty single-ingredient teas, each one uniquely distinct, just like the individuals who drink them.

Alvita chooses only the highest quality organic, wild-crafted, or cultivated botanicals, perfectly prepared to provide you with the best Mother Nature has to offer. Historical and scientific literature is painstakingly studied to ensure that the correct traditional plant and most appropriate servings are used, delivering premium flavor and quality.

Herbs are gifts from the earth. Alvita takes its stewardship seriously by offering carefully harvested teas in earth-friendly packaging. Our beautifully illustrated boxes are made using recycled paperboard and our English, pillow style tea bags are oxygen bleached, not chlorine treated. You won't find a better product, with a cleaner package... anywhere.

*Alvita... brewed with confidence,  
steeped in tradition.*

