

Chamomile

The yellow, daisy-like flowers of chamomile (*Matricaria recutita*) have been traditionally used and enjoyed since ancient Roman times as a soothing, relaxing tea as well as to help support normal digestion.* Today, chamomile remains one of the most popular herbal teas available.

Alvita Chamomile Tea is made with premium-quality, organic chamomile flowers, and has a pleasantly mild flavor and aroma.

Supplement Facts

Serving Size: 1 tea bag

Amount Per Serving	% DV
Organic Chamomile (flowers) 1.5g	†

† 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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Certified Organic by QAI. Certified Gluten-Free by NSF.

ORGANIC

ALVITA®

Since 1922

Chamomile

Herbal Supplement

Traditionally used for
calming and relaxation*



24 Tea Bags
NET WT 1.27 OZ (36g)



Preparation

Place one tea bag in a cup and add 6 oz of boiling water. Cover and steep for 6 minutes. Gently squeeze tea bag and remove. (For a more concentrated tea, steep up to 10 minutes.)

Directions for use:

We recommend 4 cups daily, preferably between meals.

- Add sweetener if desired
- Naturally caffeine free

HOW TO BREW

Pour	Temp.	Steep
6 oz	212° F	6 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.*

