

## Hawthorn

Hawthorn (*Crataegus laevigata*) is a small thorny tree that produces clusters of brilliant red berries. Like most berries, hawthorn has the antioxidant benefits of bioflavonoids. Historical texts make reference to the beneficial effects of hawthorn berries.

Alvita Hawthorn Tea is made with premium-quality, organic hawthorn berries, and possesses a golden honey color and a slightly astringent, yet light and mellow flavor.

### Supplement Facts

Serving Size: 1 tea bag

Amount Per Serving	% DV
Organic Hawthorn (berries)	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.**

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

Distributed by:  
Twinlab Corporation  
American Fork, UT 84003 USA  
1-800-645-5626

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

ORGANIC

# ALVITA<sup>®</sup>

Since 1922

## Hawthorn

Herbal Supplement

Traditionally used to support cardiovascular health\*



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 at least 15 minutes. Gently squeeze tea bag and remove.

### Directions for use:

We recommend 2 cups daily.

- Add sweetener if desired
- Naturally caffeine free

### HOW TO BREW



## 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.*

