

## Senna

Senna (*Senna alexandrina*) was used for centuries before being introduced into trade in Europe in the 9th century. Named after the port in Alexandria, Egypt, senna was transported to Europe and Asia, where it became a mainstay in Ayurvedic and Traditional Chinese practices. Senna is one of the most commonly consumed herbs to help promote regularity and for relief of occasional constipation (not intended to be used to treat chronic constipation).\*

Alvita Senna Tea is made with premium-quality, organic senna leaves, and has a mild, bitter flavor.

### Supplement Facts

Serving Size: 1 tea bag	
Amount Per Serving	% DV
Organic Senna (Leaves)	1.9g †
† Daily Value not established.	

\* 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

## Senna

Herbal Supplement

Promotes regularity\*



24 Tea Bags  
NET WT 1.61 OZ (45.6g)

## Preparation

Place one tea bag in a cup and add 8 oz of boiling water. Cover and steep for 7 minutes. Gently squeeze tea bag and remove. (For a stronger tea, steep for an additional 3-4 minutes.)

### Directions for use:

Adults consume 1 cup daily, preferably at bedtime. Do not consume more than one cup daily, or for longer than one week unless directed by a doctor. Do not give to children.

- Add sweetener if desired
- Naturally caffeine free

### HOW TO BREW

Pour	Temp.	Steep
8 oz	212° F	7 min

1

2

3



**NOTICE:** This product contains senna. Read and follow directions carefully. Do not use if you have or develop diarrhea, loose stools, or abdominal pain because senna may worsen these conditions and be harmful to your health. Consult your physician before use if you have frequent diarrhea or if you are pregnant, nursing, taking medication or have a medical condition.

## 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.*

