

Directions: For an invigorating infusion dissolve one teaspoonful of this wild-source tea in a cup of hot water, adding whole organic milk and honey if desired. Also add a heaping teaspoonful to bath water for a tonic effect.

Bet-u-Birch Tea infusion is the power of wild, remote-source birch bark. Both the outer white and the inner brown bark of wild trees are used. All this is done in an environmentally safe way through careful harvesting of already-peeled bark, plus the bark of fallen trees. This is a nutrient-dense tea and is a natural source of enzymes, plant sterols, minerals, and vitamins. Ideal as a daily beverage—drink your Bet-u-Birch tea for the vitality that only raw, wild nature can provide. An excellent source of natural betulin and betulinic acid, potent antioxidants.

**North American
Herb & Spice**

In-fusion Power™

**Bet-u-Birch™
tea**

**Wild Pulverized
WHITE & INNER BIRCH BARK**

Product Information

Serving Size: 1 teaspoon (2 grams)

Servings Per Container: 35

Ingredients: wild remote-source white & brown/red birch bark

A potent antioxidant-rich infusion

ORAC scores per 100 grams

Bet-u-Bark (wild birch bark)	218,000
Acai	16,700
Wild blueberry	4,000
Pomegranate	2,860

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