

Ginger Root

The rhizome of the ginger plant, commonly referred to as ginger root (*Zingiber officinale*), is a staple in Asian cooking and has earned an equally impressive reputation for its traditional use to alleviate nausea associated with motion.* Descriptions of ginger's beneficial properties appear in ancient medical texts, and herbalists have used ginger for more than 2,000 years.

Alvita Ginger Root Tea is made with premium-quality, organic ginger root, and has an invigorating, mildly spicy taste.

Supplement Facts

Serving Size: 1 tea bag

Amount Per Serving	% DV
Organic Ginger (root)	2g †

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

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

ORGANIC

ALVITA[®]
Since 1922

Ginger Root

Herbal Supplement

Traditionally used to alleviate
nausea associated with motion*



24 Tea
Bags
NET WT 1.69 OZ (48g)

Preparation

Place one tea bag in a cup and add 8 oz of boiling water. Cover and steep for 10 minutes. Gently squeeze tea bag and remove. (For a more concentrated tea, steep for up to 15 minutes.)

Directions for use:

We recommend 3 cups daily. To alleviate nausea associated with motion, consume 30 minutes to 4 hours before activity.

- 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.*

