



THE SUPERHERO

with Kung Flu Fighter



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IMMUNE STRENGTHENING · ANTI-INFLAMMATORY · REDUCES OXIDATIVE STRESS

Bursting with nature's finest immune boosters, vitamin C and beta carotene, The Superhero Or Tea? HealTea Juz is one of the best healthy morning drinks to wake you up.

Ingredients

KUNG FLU FIGHTER



1 sachet
in 200ml cooled

ORANGE



1 piece peeled

APPLE



1 piece

CARROT



3 medium
chopped

GINGER



Grated for
Garnish

Star of the Show

An **APPLE** a day keeps the doctor away, and they have been celebrated since antiquity for their health benefits! High in pectin (soluble fibre) and slow-release sugars they help to improve heart health and regulate the body's sugar levels.

ORANGES are renowned for their vitamin C content and they can help reduce the risk of heart disease, kidney stones and support your immune system. They also boost good digestion and have alkalising and detoxifying properties. Oranges are particularly high in soluble fibre, which helps lower cholesterol levels.

How to Make ?

Steep an Or Tea? Kung Flu Fighter sachet in a cup with 200ml boiling water, set aside and leave to cool - or add an ice cube. Run all of the ingredients through your juicer. Pour the juice and tea into a tall glass, give it a stir and garnish with a little grated ginger.

Nutritional Facts

Amount per serving

Calories 230

Total Fat 1.5g

Total Carbohydrates 58g

Protein 5g

Fibre 12.8g

Ross Beckley, m.c.m.a.

HealTea Juz/Smoofy Creator and Natural Juice Therapist

"By combining different teas with just one fresh juice or smoothie each day you can significantly boost your nutrient intake and within a very short space of time you'll notice the radical impact that just some small changes can have on your health, vitality and waistline".

