

# Herbal Benefits: The Almased Wellness Tea promotes general health and well-being

### **Elder Blossom:**

- Helps with good night sleep
- Supports circulatory system & digestive problems
- Supports the immune system

### Whitethorn:

- Supports cardiovascular functions
- Positively affects fat metabolism
- Has anti-oxidant properties

# Marjoram:

- Has stimulating & relaxing functions
- Reduces bloating & other stomach problems
- Supports respiratory system

## Woodruff:

- Supports digestion
- Alleviates menstrual pains
- Acts calming, soothing & antispasmodic (against cramps)

#### Celery:

- Acts as a diuretic
- Strengthens circulation
- Helps maintain healthy blood sugar levels

For more information on the Almased Wellness Tea and the Almased Diet, visit **www.almased.com** or contact us at **info@almased.com** or toll-free at **1-877-256-2733**.