



Rooibos- en Kruietee	Rooibos Herbal Infusions
<p><u>Groene Rooibostee</u></p> <ul style="list-style-type: none"> * 100 maal meer anti-oksidante as gewone Rooibostee * 10 keer meer aspalitin – die anti-allergiese ensiem 	<p><u>Green Rooibos</u></p> <ul style="list-style-type: none"> * 100 times more anti-oxidants than normal Rooibos tea * 10 times more aspalatin – the anti-allergic flavonoid
<p><u>Rooibos – Maag</u></p> <ul style="list-style-type: none"> * Bevat kruisement * Vir hoofpyn en pyn, verligting van bronchiale infeksies, koors, verkoue en maagkwale. * Vir wurms in die ingewande, infeksies, koliek, om perspirasie te veroorsaak en om menstruele vloei te verbeter. 	<p><u>Rooibos – Stomach</u></p> <ul style="list-style-type: none"> * Contains mint * For headaches and pain, soothe bronchial infections, fever, colds and stomach disorders. * For worms in the intestines, infections, colic, to induce perspiration and to improve menstrual flow.
<p><u>Rooibos – Blaas en Nieren</u></p> <ul style="list-style-type: none"> * Bevat Buchu * Aromaties en antisepties, help vir sinus, koors, suikersiekte en waterretensie. * Windafdrywend, sweetdrywend, urineermiddel. * Raak van oortollige vloeistof ontslae deur meer urine te produseer. * Buchu verwyder gasse uit die ingewande. * Nie vir swanger- en borsvoedende vroue. 	<p><u>Rooibos – Bladder and Kidney</u></p> <ul style="list-style-type: none"> * Contains Buchu * Aromatic and antiseptic, soothes sinus, fever, diabetes and water retention. * Carminative, diaphoretic and diuretic. * Get rid of excess fluid by producing more urine. * Buchu removes excess gasses from the intestines, a urinary antiseptic. * Pregnant and breastfeeding woman shouldn't use Buchu.
<p><u>Rooibos- Nachrust</u></p> <ul style="list-style-type: none"> * Bevat Melissa blare * Moedig goeie nagrus aan * Anti-spasmodies en kalmerende anti-depressante effek, vir histeria en slaaploosheid * Terapeuties, strelend en behulpsaam in tye van smart, trauma en depressie * Vir krampe, duiseligheid, koors, insekbyte, megraine, tandpyn, spasmas, swak spysvertering en asma. 	<p><u>Rooibos – Nachrust</u></p> <ul style="list-style-type: none"> * Contains Melissa leaves * Promotes good night rest * Anti-spasmodic and calming, anti-depressant effects, treats hysteria and insomnia * uplifting and soothing in times of grief, trauma and depression * Relieve cramps, fever, headaches, migraine, tooth ache, spasms, asthma and indigestion.
<p><u>Rooibos – Ontspanning</u></p> <ul style="list-style-type: none"> * Bevat Wilde Jasmyn * Moedig ontspanning aan. 	<p><u>Rooibos – Relax</u></p> <ul style="list-style-type: none"> * Contains Wild Jasmine * Promotes relaxation



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<p><u>Rooibos – Stoelgang</u></p> <ul style="list-style-type: none"> * Bevat Senna * Vir hardlywigheid, lakseermiddel * 'n Suiweringsmiddel * Swanger en borsvoedende vrouens mag senna gebruik onder die toesig van 'n mediese dokter. 	<p><u>Rooibos – Colon</u></p> <ul style="list-style-type: none"> * Contains Senna * Treat constipation, herbal laxative * A cleansing herb * Pregnant woman may use senna only under the supervision of a medical doctor.
<p><u>Rooibos – Gemmer / Detokstee</u></p> <p>See English</p> <p style="text-align: center;">→</p>	<p><u>Rooibos – Ginger / Detox</u></p> <ul style="list-style-type: none"> * Contains ginger * Digestion, detox, nausea and motion sickness, treat ulcers * Possesses anti-inflammatory properties that could help with arthritis * Fight off and alleviate symptoms of colds and flu * Weightloss – increase metabolisms and improve fat digestion * An immune booster and antioxidant
<p><u>Rooibos – Metabolisme tee</u></p> <p>See English</p> <p style="text-align: center;">→</p>	<p><u>Rooibos – Metabolism</u></p> <ul style="list-style-type: none"> * Contains Fennel * Benefit of fennel: * Stimulate metabolism; * Suppress appetite and desire for sweet foods; * Improve eyesight; * Relax the intestines; * Reduce bloating caused by digestive disorders; * An effective diuretic; * Treatment for hypertension. * Only effective for weight loss in conjunction with energy controlled diet, increase in physical activity and exercise * Pregnant and breastfeeding women – consult medical doctor before using Metabolism tea



Rooibos- en Kruietee

Rooibos – Balans tee

See English



- * *If you suffer from diabetes or elevated cholesterol or already take diabetes medication, you should consult your health care practitioner before using cinnamon in large quantities.*
- * *Pregnant and breastfeeding women should consult their health care practitioner before using Balance Tea.*

Rooibos Herbal Infusions

Rooibos – Balance tea

- * Contains Cinnamon
- * Health benefits of cinnamon
- * Balance blood sugar
- * Just ½ teaspoon of cinnamon per day can lower cholesterol
- * Beneficial for people with Type 2 Diabetes
- * Anti-clotting effect on the blood
- * When added to food, it inhibits bacterial growth and food spoilage, making it a natural food preservative
- * Boost cognitive function and memory
- * Great source of manganese, fibre, iron and calcium
- * For relieve of arthritis pain : Balance tea with one tablespoon of honey every morning before breakfast
- * Cinnamon fights colds, flatulence, nausea, diarrhoea and painful menstrual periods
- * Improve energy, vitality and circulation
- * Useful for people who tend to feel hot in their upper body but have cold feet
- * Improve the digestion of fruit, milk and other dairy products
- * Have antibacterial and antifungal properties

Rooibos Tea Combinations

- * Rooibos **Relax** and Rooibos **Stomach** before labour and during labour pains
Also pain relief (e.g. arthritis)
Anti-allergenic and anti-inflammatory
- * Rooibos **Stomach** for bloating and cramps
- * Rooibos **Stomach and Ginger** for vomiting
- * Rooibos **Nachtrust** and Rooibos **Stomach** for cardiac problems
- * Rooibos **Nachtrust** and Rooibos **Relax** for milk secretion
- * Rooibos **Ginger** and Rooibos **Stomach** for nausea, cramps, bloating
- * Rooibos **Ginger** and Rooibos **Nachtrust** for a good night's rest and to support digestive system
- * Rooibos **Ginger** and Rooibos **Colon** for constipation
- * Rooibos **Ginger** and Rooibos **Relax** for peaceful sleep
- * Rooibos **Ginger** and Rooibos **Green** enhances metabolism and fat burning
- * Rooibos **Bladder & Kidney**, **Green** Rooibos, **Colon** and **Stomach** for digestion and detox



The Rooibos Story

Discovering Rooibos' miracles

Generations of South Africans have been enjoying the natural sweet and revitalising taste of Rooibos since its discovery by botanists in 1772. Little did they realize the powerful and natural healing properties of this rare and unique plant from the cold, windy, south-western tip of Africa.

1968 – an amazing discovery

Dr. Annique Theron stumbled on the natural healing powers of Rooibos when, one sunny April morning in 1968, she warmed her allergic baby's bottle with warm Rooibos tea. Annique was amazed at the instant calming, soothing and healing effect it had on her baby daughter of fourteen months, Lorinda. Annique set out to investigate this tea's healing potential and found she stood alone in her discovery of its anti-allergic qualities. However, she soon found hundreds of mothers with similar problems varying from food allergies to eczema, insomnia and hyperactivity in their babies and children. Annique published her findings about allergies in children and adults in her book: "Allergies: An Amazing Discovery".

Help for adults and babies

Rooibos tea has been a trusted remedy for the last three decades among South African mothers. Now Rooibos' miraculous properties to cure and soothe are backed not only by scientific research and international recognition, but also by thirty years of mothers' hands-on experience. If your little one suffers from colic, insomnia, food allergies, stomach cramps or eczema, Annique's Rooibos tea is the perfect answer to your problems. It is simple to use; simply substitute the water of baby's bottle feed with Rooibos tea. Rooibos tea will benefit the digestive system, calm your child and ensure untroubled sleeping patterns.

Revealing research

In the 1980's Japanese and American scientists found a powerful and stable antioxidant called super-oxide dismutase in Rooibos tea.

In 1995 Infruitec, a South African research company, as well as Dr. Charlene Marais of the University of the Free State, found and verified that Rooibos tea did indeed have the following properties:

- Anti-allergic;
- Anti-spasmodic;
- Anti-bacterial;
- Anti-ageing;
- Anti-viral;
- Antioxidant; and
- No caffeine and very low tannin from pure Rooibos leaves.

Rooibos tea is enjoying increasing popularity around the world.

Nutrition from Mother Nature

Because Rooibos tea is low in tannin, it won't deplete baby's natural iron reserves during pregnancy or feeding while the protein absorption and metabolism remain undisturbed. It also contains calcium to ensure normal development of teeth, bones and the nervous system, as well as magnesium and zinc for healthy skin and hair. Because Annique's Rooibos tea has a natural sweet taste there is no need to add sugar or honey to baby bottles. Parents will love it too.