



# Certified Organic Peppermint Sencha Green Tea

## Instructions

For a refreshing herbal tea, place one sachet of our **Organic Peppermint Sencha Green Tea** in a cup or teapot of pure water at approximately 185° F (85° C). This is best achieved by allowing boiling water a moment to cool before introducing the tea sachet. Steep for approximately 3 to 5 minutes and then allow to cool and enjoy. Of course, feel free to vary the amount of water used or modify the brewing time to adjust the strength of the tea. Unlike typical green tea, prolonged brewing will not cause bitterness due to the unique quality of our tea. You can also add ice or refrigerate to make a healthy, delicious and refreshing iced mint green tea.



Back in 1979, I began making vitamins for my own use when I could find no products that met my high standards for quality, purity and efficacy. These vitamins were never intended to be sold; however, some 30 years later, the same exceptional vitamins I make for my own personal use are the exact same vitamins I share with you through ProCaps Laboratories.

Today, I have created a very small family of products called "**Andrew's Own**" for when, just as with vitamins 30-plus years ago, I make a product for my own use that is worthy of sharing with you. I am excited to introduce another unique member to the **Andrew's Own** family.

Enjoy!

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## The World's Mildest Green Tea

We use only the finest **Premium Sencha Green Tea** from Organic-Certified gardens in both Japan and China. We select only Sencha Green Tea because it is respected as the world's finest and mildest Green Tea, making it a perfect choice for our finicky American taste buds. Sencha Green Tea is distinguished from other teas by its absence of grinding and other harsh chemical or physical processing. This "normal" tea processing results in the chemical "damage" (oxidation) that causes the unpleasant bitterness of typical green or black teas. Our minimally processed **Sencha Green Tea** preserves all the elegant flavor and subtle aroma of its pristine Green tea leaves.



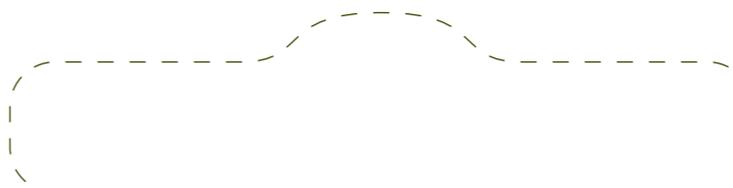
## Peppermint: Nature's Freshest Flavor

Peppermint (*Mentha piperita*) is the most popular member of mint family of plants. For thousands of years, Peppermint has been used traditionally, not just for its uniquely fresh flavor, but also for its calming and soothing properties, particularly for the digestive system. Our **Premium Full-Leaf Peppermint** is cultivated in America's Pacific Northwest – home to the world's finest Organic Peppermint and it is certified free of all pesticides and herbicides. It is unprocessed, so you can enjoy all the pure, natural freshness of our exceptional **Organic Peppermint** without a hint of bitterness or any unwanted contaminants.



# Certified Organic Peppermint Sencha Green Tea

Premium American Full-Leaf Peppermint  
with Premium Mild Sencha Green Tea Blend



30 INDIVIDUALLY SEALED TEA SACHETS • NET WT. 2.1 OZ. (60g)



## Ages Old Healthy Wisdom

Originating almost 5,000 years ago in China, Green Tea is second only to water as the world's most popular beverage. Green Tea's health benefits are well-established, but since many Americans don't enjoy its flavor, we miss out on its wonderful benefits. Our **Peppermint Sencha Green Tea** presents a unique opportunity, since it offers the refreshing flavor of our **Premium Full-Leaf Peppermint** with all the benefits of the finest Green Tea.



## Green Tea for Modern American Tastes

Muriel and I sought to create a Green Tea for those who don't like ordinary Green Tea, so we started with the finest Sencha Green Tea and took a lesson from Muriel's childhood in France where they only served Green Tea with fresh mint. The result is a Green Tea for those of you who, like us, prefer the refreshing flavor of mint over the sometimes bitter taste of typical Green Tea. Of course, our tea also delivers high levels of protective Polyphenols and EGCG with only mild levels of caffeine – less than those found in a very weak cup of coffee or a cup of black tea.



## Ingredients

Premium Organic Peppermint from America's Pacific Northwest, Premium Organic Chinese and Premium Organic Japanese Sencha Green Teas.



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Certified Organic by NDA