

# Certified Organic Pacific Northwest Peppermint "Tea"

## Instructions

For a refreshing herbal "tea," place one sachet of our **Organic Peppermint "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." You can also add ice or refrigerate to make a healthy, delicious and refreshing iced mint 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!

603788 • 02P

## "Tea," but not really Tea?

You will notice that we always place quotation marks around the word "tea" when referring to our **Peppermint** "tea." That is because technically, Peppermint "tea" is not a true tea. It is actually an infusion and although most of us refer to it as an "herbal tea," it is really not tea at all. Technically for something to be called "tea," it must come from the *Camellia sinensis* plant. That plant is responsible for all the green, black, oolong and other varieties of tea. Beverages that are made by infusing other plants are more properly referred to as Herbal Infusions or Tisanes, but no matter what you call it, our **Peppermint** "Tea" is a uniquely refreshing treat.

## Peppermint from the Pacific Northwest

Our **Peppermint** is cultivated in the moist, nutrient-rich soil of America's Pacific Northwest where botanical experts claim the world's finest organic Peppermint is found. We exclusively use **Premium Full-Leaf Certified Organic Peppermint**, which assures you the freshest flavor and complete peace of mind. Our **Peppermint** is certified free of pesticides, herbicides, fungicides and other added chemicals, flavors and sweeteners. It is unprocessed, so you enjoy all the pure, natural freshness of our exceptional organic **Peppermint** in each natural biodegradable "tea" sachet.



# Certified Organic Pacific Northwest Peppermint "Tea"

Premium American Full-Leaf Peppermint  
Naturally Caffeine-Free



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

## Nature's Freshest Flavor & Fragrance

There are more than two dozen species of plants in the mint family. Peppermint, (*Mentha piperita*), is a hybrid combination of spearmint and water mint and is, without question, the most popular of all varieties of mint. Traditionally, Peppermint has been used not just for its uniquely fresh aroma and flavor, but also for its soothing properties, particularly for the digestive system. These calming properties have been recognized for thousands of years by diverse cultures around the world. Today, we find Peppermint in everything from breath mints and tooth paste to chewing gum, mouthwash and air fresheners. Peppermint is truly one of Mother Nature's great gifts and our naturally caffeine-free **Organic Peppermint** makes it easy to see why it has been revered for centuries.

## Ingredients

Pure Premium Organic Peppermint from America's Pacific Northwest.



[www.ANDREWSOWN.com](http://www.ANDREWSOWN.com) • [www.PROCAPSLABS.com](http://www.PROCAPSLABS.com)

©2014 Andrew's Own  
430 Parkson Road • Henderson, NV 89011

Certified Organic by NDA