

Types of Tea



Green Tea

- Energy boost (some caffeine)
- Increased fertility
- Enhances immune system
- Great for detox



Black Tea

- Morning tea (high in caffeine)
- Promotes strength and alertness
- Repels negativity



Herbal Tea

- Relaxing (No caffeine)
- Promotes tranquility and sleep
- Reduces stress
- Helps with weight loss



Oolong Tea

- Energy boost (some caffeine)
- Increased brain function
- Helps with focus and meditation



White Tea

- Low caffeine content
- Lots of antioxidants
- Light-flavored
- Stimulates liver function