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## **Rooibos Tea: The Vital Pregnancy & Nappy Bag Essential**

Transferring from the Pregnancy Bag directly to the Nappy Bag, Rooibos Tea is 100% caffeine free, Certified Organic and packed full of antioxidants – offering health benefits for Mums and Bubs alike.

Consumed by expectant South African Mums for centuries, Rooibos can have a soothing effect on the central nervous system and may help to relieve the symptoms of nausea, heartburn and vomiting. Scientific studies have also shown that Rooibos can have beneficial effects relating to constipation and liver function, while also helping to relieve depression and anxiety.

Pregnancy and breastfeeding can also lead to Anaemia. The fact that Rooibos is virtually tannin-free helps the body to maintain a healthy absorption of iron, making it a good choice for both expectant and new Mums.

Mums can also share the health benefits of Rooibos with their next generation, with Rooibos playing a role in relieving common baby ailments like colic and while also aiding in to pacify and relax restless babies. Rooibos can also be applied topically to relieve other conditions like cradle cap and nappy rash – making it an all-natural miracle wonder for Mums and Bubs.

Rooibos is the popular herbal tea from *Aspalathus linearis*. Abundant with antioxidants, Rooibos (pronounced Roy-Bos) is Certified Organic, naturally caffeine-free, with low levels of tannins. Indigenous to the Cedarberg mountains in South Africa, it was first discovered by the locals of the area centuries ago as an effective medicinal remedy.

### **Serving suggestions:**

For a taste sensation, allow Vital Organic Rooibos to brew for 5 – 10 minutes. Serve hot or cold with or without milk, with a slice of lemon for a bit of extra zing. Rooibos can also be served chilled as part of a refreshing iced tea or mocktail.

**Vital Organic Rooibos Tea is available from your local supermarket and health food stores. Contact Vital Health Foods Australia on 1300 131 686 or see [www.rooibos.net.au](http://www.rooibos.net.au)**