

## **FAQ – ROOIBOS TEA**

### **What is ROOIBOS TEA?**

Rooibos meaning 'red bush' with the scientific name of *Aspalathus linearis* is a broom-like member of the legume family of plants growing in Northern Cederberg mountains of South Africa. Rooibos is not a true tea, but a herb. The brew made from the dried Rooibos leaves is therefore a herbal infusion (known as a tisane) rather than a tea, but is widely known as ROOIBOS TEA

### **Does Rooibos Tea contain caffeine?**

Rooibos tea is naturally caffeine free because the plant itself contains no caffeine

### **What is the taste of Rooibos Tea?**

Rooibos tea has a sweet, delicate, and earthy Flavor.

### **How to consume Rooibos Tea?**

Rooibos tea is usually consumed like black tea. Some people add milk and sugar — and rooibos iced tea, espressos, lattes, and cappuccinos have also taken off.

### **How long do you let Rooibos tea brew?**

It's a matter of taste: the more intense and stronger you like the tea, the longer you let it steep. Usually between 5 and 9 minutes. In contrast to black and green teas, you can let Rooibos tea steep longer. This is because it does not contain any bitter substances that would otherwise be released from the parts of the plant if it is pulled too long.

### **Is NaturesPure Rooibos Tea organic**

Yes, NaturesPure Rooibos Tea is certified as Organic

### **Can Rooibos Tea aid good sleep?**

As a naturally caffeine free tea, Rooibos tea is a great drink to have before bedtime

### **Are NaturesPure Rooibos Tea Vegan?**

Yes, Naturespure Rooibos Tea are Vegan

### **What is in NaturesPure Rooibos Tea?**

- Rooibos contains a complex mix of many flavonoids (compounds widely found in plants that are known to have health benefits).
- Its composition is unique, because it contains aspalathin – to date only isolated from *Aspalathus linearis* (the botanical name for Rooibos).
- Rooibos also contains the rare flavonoid glucoside nothofagin.
- Other major phenolic compounds are orientin and iso-orientin, with smaller amounts of vitexin and isovitexin and many more compounds.
- Rooibos is naturally caffeine free.
- It is considered a low tannin beverage, especially when compared to *Camellia sinensis* (black) tea.

### **What are the benefits of NATURESPURE ROOIBOS TEA?**

- NaturesPure Rooibos Tea is naturally Caffeine Free – Unlike Black & Green tea
- NaturesPure Rooibos Tea is Kilojoule & Preservative Free thus Supporting Weight Loss – NO Sugar or No Carbohydrates
- NaturesPure Rooibos Tea may help in cancer fighting properties
- NaturesPure Rooibos Tea is the only source of Antioxidant Aspalanthin and good source of other antioxidants which benefits the Immune system and Anti aging
- NaturesPure Rooibos Tea is Low in Tannin
- NaturesPure Rooibos Tea is a natural beverage which soothes nervous system for a good night sleep
- NaturesPure Rooibos Tea may help as Anti- Spasmodic
- NaturesPure Rooibos Tea is excellent for Skin
- NaturesPure Rooibos Tea may help Stomach & Indigestion problems like Nausea, Vomiting, Ulcers, Heartburn & Constipation.
- NaturesPure Rooibos Tea is Hydrating, perfect Hot or Cold Ice Tea after an Exercise

### **How many times can I drink Rooibos tea?**

How much Rooibos Tea should I drink a day? Even just a cup of rooibos is rich in health benefits. However, for maximum health impact, you should aim to drink six cups daily as this will give your body the complete rooibos extract staggered across the day.

### **What time should I drink NaturesPure Rooibos Tea?**

So, experts agree that drinking rooibos tea before bed can greatly help reduce inflammation, promote healthy digestion, and, eventually, boost your metabolism. This is because rooibos is antioxidant-rich and full of minerals like magnesium, calcium, and iron that can help you fall asleep faster

### **Is Rooibos Tea better with or without milk?**

Rooibos has a nutty, full-bodied flavor that is both refreshing and a great herbal substitute for your everyday tea and coffee. It stands alone and still achieves a full Colour, taste and aroma. Rooibos is the only infusion that goes really well with milk – just like with your “normal” tea.

### **Is Rooibos Tea good for your hair?**

Rooibos is rich in minerals like copper, zinc, calcium, and potassium. All of these minerals are beneficial to your hair growth because they strengthen the roots of your hair, boost hair growth, and even prevent gray hair growth thanks to its abundance of copper.

### **Can Rooibos Tea help with Acne?**

Potential Acne Benefits: Some individuals find that rooibos can be helpful in managing acne due to its anti-inflammatory properties. It may help reduce the redness and inflammation associated with breakouts. Mild Exfoliation: When applied topically, rooibos functions as a gentle exfoliator

### **Does Rooibos Tea used for clear skin?**

A problem skin Savior, the anti-inflammatory benefits of Rooibos pacify reactive skin, helping heal and minimize blotchy flare-ups to encourage consistently calm behavior. The soothing characteristics of Rooibos make it ideal for all skin types, especially eczema, psoriasis, dermatitis and acne-prone skin.

**Can you use Rooibos Tea on skin?**

A mixture of Rooibos tea leaves and honey will do wonders for your skin, by removing dead skin cells and smoothing the skin. Rooibos has anti-inflammatory properties, which can reduce blemishes and scars. Use gentle, circular movements to rid your skin from dead skin cells.

**Can children drink Rooibos Tea?**

Since Rooibos tea does not contain any caffeine or bitter substances, you can offer your children the tea as an alternative to herbal or fruit tea.