

Benefits of Glo Leaf Tea ✨

🌿 1. Rich in Antioxidants

Assam tea is naturally packed with polyphenols, especially catechins and theaflavins, which help:
 Fight free radicals in the body
 Slow down signs of aging
 Reduce oxidative stress
 Lower the risk of chronic diseases
 These antioxidants are crucial in maintaining overall cellular health and building a resilient immune system.

🛡️ 2. Boosts Immunity

Thanks to its antioxidants and nutrient profile, regular consumption of Assam tea:
 Strengthens the immune response
 Helps in fighting infections and viruses
 Reduces inflammation and supports faster recovery
 It acts as a natural defense booster, especially helpful during seasonal changes.

🧠 3. Enhances Mental Alertness

The natural caffeine content in Assam tea provides a smooth and sustained energy boost:
 Improves concentration and mental clarity
 Enhances memory and cognitive function
 Reduces mental fatigue without the jittery crash from coffee
 Ideal for students, professionals, or anyone looking to stay focused naturally.

🍴 ✨ 4. Promotes Digestion

Assam tea supports the digestive system in several ways:
 Helps in breaking down heavy meals
 Soothes the stomach lining and prevents bloating
 Stimulates the production of digestive enzymes
 A warm cup after meals promotes better digestion and prevents discomfort.

🧪 5. 100% Organic – Pure & Chemical-Free

Riwaglo Tea is sourced from certified organic farms:
 Grown without pesticides, artificial fertilizers, or chemicals
 Ensures a clean, pure, and safe tea-drinking experience
 Eco-friendly and sustainable farming practices
 You can sip it daily without worrying about toxins or residues.

❤️ 6. Supports Heart Health

Assam tea is known to help maintain a healthy cardiovascular system:
 May help lower LDL (bad cholesterol)
 Regulates blood pressure
 Improves blood circulation
 Its anti-inflammatory and cholesterol-managing properties make it a heart-healthy choice when consumed regularly.



Delightful Tea Recipes

Assam Green Tea Detox

Ingredients:

- 1 cup hot water
- 1 tsp Riwaglo Assam Tea
- Fresh mint leaves
- A slice of cucumber or lemon

Method:

Steep tea with mint for 4 minutes. Add lemon or cucumber slice. Drink warm or cold.



Iced Assam Tea

Ingredients:

- 2 cups water
- 2 tsp Riwaglo Assam Tea
- Ice cubes
- Lemon slices (optional)

Method:

Brew tea in hot water and cool. Pour over ice in a tall glass. Add lemon slices if desired.



Classic Masala Chai



Ingredients:

- 1 cup water
- 1 cup milk
- 1 tsp Riwaglo Assam Tea
- 1 tsp sugar
- Spices: ginger, cardamom, cinnamon (as desired)

Method:

Boil water with spices. Add tea leaves and simmer. Add milk and sugar, boil, strain, and serve hot.

Lemon Honey Tea

Ingredients:

- 1 cup hot water
- 1 tsp Riwaglo Assam Tea
- 1 tsp honey
- 1 tsp lemon juice

Method:

Steep tea leaves in hot water for 3-5 minutes. Strain and add honey and lemon. Stir

