ZENERGY TEA

Peaceful Zen Lift



HIBISCUS
Rich in antioxidants, supports heart health



LEMON VERBENA
Calming citrus notes, aids digestion



SKULLCAP
Promotes relaxation, eases tension



LICORICE ROOT
Natural sweetness, soothes throat



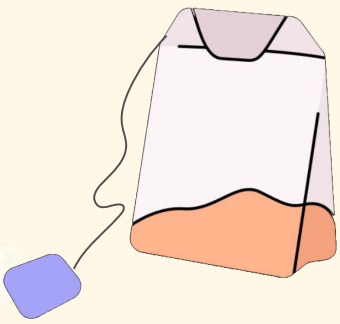
GOTU KOLA
Enhances mental clarity, ancient wellness herb



SIBERIAN GINSENG
Boosts energy, supports stamina



LEMON BALM
Uplifts mood calms the mind



HOW TO INFUSE

Pour 12 oz of hot water over 1 tbsp of loose tea.

IMPORTANT: Cover & Steep 15-20 minutes for best benefits and flavor. Strain.

Enjoy hot or cold.

Kitchen on Fire cooking school