

## What is Kombucha?

Kombucha is known by many names such as DiVine Tsche or the Tea of Immortality. We simply call ours Tea Of Life. Commonly touted for its numerous health benefits, Kombucha is a naturally energizing, slightly effervescent beverage that is produced using black tea, cane sugar, fruit infusions, and a “Symbiotic Culture Of Bacteria and Yeast” (SCOBY), resulting in a deliciously fizzy and uplifting drink that is full of beneficial probiotic bacteria that aid in digestion and boost the immune system. It also contains enzymes, antioxidants, amino acids, organic acids, B & C vitamins, and polyphenols.

Balancing sweet, sour and tangy, it is a satisfying alternative to sugary soda, juice and energy drinks. It is a living drink for our living bodies.



**TEA OF LIFE**  
kombucha

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## TEA OF LIFE kombucha OUR FLAVOURS

### WILD BLUEBERRY

With 100% pure Blueberry Juice. Blueberry juice, with its powerful antioxidants, can help improve digestive and urinary health, improve cognition and reduce the risk of heart disease.



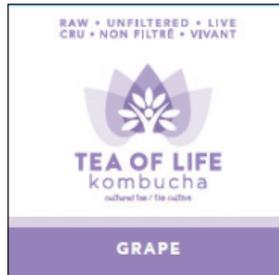
### LEMON GINGER

Both lemon and ginger have energy-boosting properties, as well as antioxidant and immune-boosting effects. They also help to stimulate the metabolism.



### GRAPE

With 100% pure Organic Concord Grape Juice. Grape juice contains polyphenols which may play a role in supporting a healthy heart by promoting healthy circulation, keeping blood pumping and energy flowing.



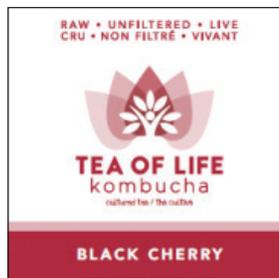
### LEMONADE

Packed with Vitamin C and known for its therapeutic properties, lemon juice can help to strengthen your immune system, cleanse your stomach, and is considered to be a blood purifier. As a refreshing drink, lemonade helps you to stay calm and cool.



### BLACK CHERRY

With 100% pure Organic Black Cherry Juice, not from concentrate. Black cherry juice is a good source of vitamins, provides powerful antioxidants and helps reduce inflammation. It may also be used for kidney support and joint health, to treat gout, and as a sleep aid.



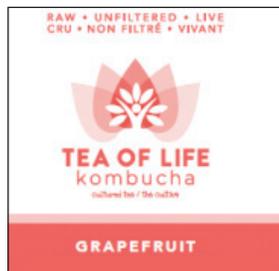
### GINGER

With 100% pure Ginger Juice. Ginger is one of the most powerful spices in the world and has been highly prized for its medicinal and therapeutic qualities. In Ayurveda, it has been regarded as the healing spice that can prevent motion or air sickness, improve digestion and reduce joint pain.



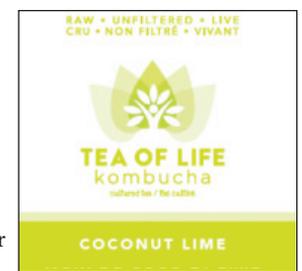
### GRAPEFRUIT

With 100% Pure Organic Grapefruit Juice. Grapefruit helps boost levels of vitamin C in your body, which makes them the most nutritious fruit amongst various citrus fruits. Grapefruits are packed with benefits derived from various nutrients and vitamins, including potassium and lycopene. Include this one at breakfast for a refreshing and energizing start to your day.



### COCONUT LIME

With 100% Pure Organic Coconut Water and Lime Juice. Combining the abundant micro-nutrients and natural hydrating effect of coconut water with the numerous health benefits of lime juice makes this one a nutritional powerhouse, ideal for your post-workout recovery phase. Your body will thank you for this one! It may also be just the hangover cure you've been searching for.



# Kombucha...

## What's in it for me? What isn't!?

**Kombucha** is a naturally energizing, slightly effervescent, probiotic beverage that is produced by culturing tea using a “symbiotic culture of bacteria and yeast” (SCOBY). Aside from being delicious, Kombucha is also nutritious. It is **full of beneficial probiotic bacteria** that aid in digestion and boost the immune system. It also contains **enzymes, antioxidants, amino acids, organic acids, B and C Vitamins, and polyphenols.**

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### PRIMARY BENEFITS OF KOMBUCHA:

💧  
“LET FOOD BE  
THY MEDICINE  
& MEDICINE  
BE THY FOOD”  
- Hippocrates

- **Probiotic**
- **Energizing**
- **Detoxifying**
- **Immune Boosting**
- **Protective against free radical damage**
- **Balancing**
- **Boosts Metabolism**
- **Improves Digestion**



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### MOTHER KNOWS BEST!

*“Listen to Your Mother”*

**The SCOBY, AKA the “culture” is a living, growing organism.** It is gelatinous and light in color. Similar to what you see in the bottom of a bottle of apple cider vinegar, the resulting mother from the fermentation process contains a higher concentration of beneficial properties. **So don't shy away from the mother in the bottom of your Kombucha bottle!**

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### HOW TO DRINK A BOTTLE OF KOMBUCHA

**We don't want to tell you how to drink from a bottle, pretty sure we don't need to reinvent the wheel.** However we don't want you to wear it either. Kombucha is carbonated so don't shake your bottle before opening. Simply take a few sips off the top and then give it a quick swirl to get the added flavor and benefit of the mother. Bottoms up!

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### STORAGE

Kombucha should be kept in the refrigerator. Once the brewing and bottling process is finished, the Kombucha will continue to carbonate as it ages. To slow this process, refrigeration is required. Over time, the Kombucha will change flavor and dry out similar to the aging process of wine. We recommend drinking your Kombucha within 60 days.

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### WHAT'S FLOATING IN MY KOMBUCHA?!

Not to worry if your Kombucha has “floaties”. This is completely normal and natural, is not harmful and does not mean your Kombucha is bad. During and after fermentation, the bacteria will continue to work its magic. You may see bits of this jelly-like by-product of fermentation in your bottle and you may either consume or discard it.

***Fizzy... Lifting... So Refreshing!***

***(Hint: blend into a smoothie for a great post-workout recovery beverage)***