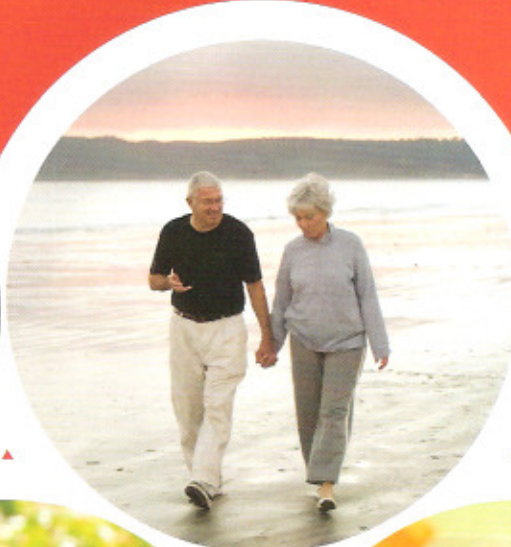
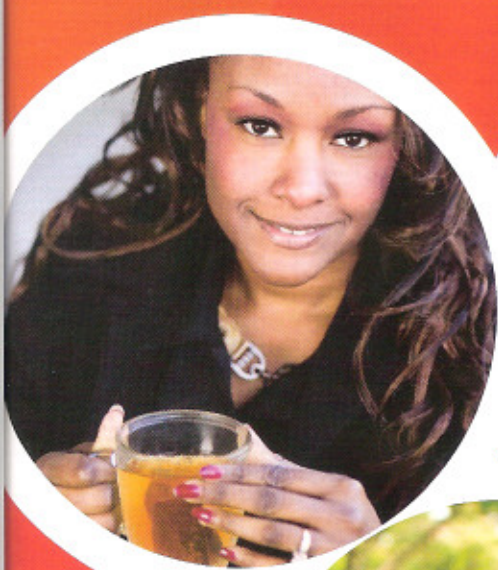


Make every day a healthy Rooibos day



Wake up with a refreshing cup of Rooibos
Enjoy Rooibos black or with milk,
sweetened to taste
Pamper yourself with Rooibos
body care products
Try a flavoured Rooibos or blend
for an invigorating tea break
Choose caffeine-free Rooibos if you're
a mom-to-be or to soothe a colicky baby
Water pot plants with leftover Rooibos
and use the tea leaves as gardening mulch

- Quench your workout thirst with iced Rooibos
- Experiment with Rooibos in marinades, soups, stews and cocktails
- Blend fruit juices with Rooibos for a rejuvenating health boost
- Add Rooibos to your bath to relieve sunburn and skin irritations
- Wind down with Rooibos for a good night's sleep

Rooibos is a unique, South African herb full of health-boosting anti-oxidants.

Drink six cups of Rooibos throughout your day to get the maximum benefit from its anti-cancer and heart-protecting properties.

Make Rooibos part of your life!

Read more on the latest research findings about how Rooibos can help us live longer and healthier lives at www.sarooibos.org.za - the official website of the South African Rooibos Council.

 **Rooibos**
for Life