



## **Recommended Preparation**

Add 1 tablespoon of Honey Ginger Tea extract to 10 oz. hot, iced or sparkling water. Stir well and enjoy it!

## **22 Health Benefits of Ginger Roots & Ginger Tea**

[www.bembu.com/ginger-benefits](http://www.bembu.com/ginger-benefits)



### **Prevention and Treatment**

Fights Cancer, Helps with Irritable Bowel Syndrome, Protects Against Alzheimer's Disease



### **Weight Loss**

Helps with Weight Loss, Relieves Tired, Helps Manage Glucose Levels, Helps the Body Absorb Nutrients



### **General Health and Well-Being**

Helps with Morning Sickness, Reduces Arthritic Inflammation, Opens Up Inflamed Airways, Improves Circulation



### **Minor Ailments**

Heals Frostbite, Stops Motion Sickness, Blocks Acid from Heartburn, Relieves Gas, Provides Pain Relief, Clears Sinuses, Improves Your Breath



### **Super Spice**

Increases Sexual Desire, Strengthens Immunity, Protects Against Nuclear Radiation