

# UNICITY Nature's Tea



The digestive system has two primary functions: to break down the foods we eat into nutrients our bodies need, and to separate and eliminate the waste we don't need. But in today's busy world, we don't always get to eat the right foods with the right balance of nutrients to keep everything moving and functioning as it should. Sometimes we need a little extra help to keep things moving properly through the digestive system.

With Senna Leaf and Buckthorn Bark, Unicity Nature's Tea is formulated to act as an effective herbal intestinal cleanser to help regularity and support your digestive system functioning properly. Its unique blend of herbs helps provide relief from occasional constipation and aids in cleansing the digestive tract.\*

## Features

- Easy-to-steep individual bags
- Flavored with peppermint leaf, orange peel, and stevia leaf

## Benefits



Helps promote digestive regularity\*



Provides relief from occasional bloating and constipation\*



Blend of herbs helps to naturally cleanse the digestive tract\*

## Use

Steep one tea bag for 2–5 minutes. If you're just starting out, steep for just a minute or two and increase steeping time gradually as your body adjusts.\*

*\*This product may have a laxative-like effect on some individuals.*

Intended for healthy individuals. Not intended for long-term use. If you are pregnant, breastfeeding, or taking certain medications, please consult your doctor before use.

## Ideal For

Those looking for a gentle way to help cleanse the digestive system.

Individuals who experience occasional constipation.

Individuals wanting to support their gastrointestinal health.

## Try This

Use Nature's Tea as a part of Unicity's Cleanse Pack for a complete cleanse of your digestive system.

## When to take/drink

Drink hot or cold as part of your evening routine\*. Stir in honey, lemon, orange, or fruit nectar of your choice to add to the natural flavor of the tea.

\*We recommend taking Nature's Tea before you go to bed so it can work overnight, and then you'll have a bowel movement in the morning.



## Ingredients



**Senna Leaf** – Has historically been used for its gentle but effective cleansing properties in the digestive tract. Helps create a laxative effect, which helps to cleanse the bowel.



**Marshmallow Root** – Perennial herb native to Europe, Western Asia, and Northern Africa. It has been used as a folk remedy for thousands of years to support the digestive system.



**Buckthorn Bark** – Shrub that grows in parts of Europe and North America. The bark is dried and used to help stimulate the intestines and create a laxative or cleansing effect.



**Honeysuckle Flower** – A flowering vine. The flower, seed, and leaves are used in traditional recipes for digestive system support.



**Uva Ursi Leaf** – Small shrub that grows flowers and berries. Uva Ursi has been traditionally used to support the urinary system.



**Chamomile Flower** – Small floral plant that has been used in traditional teas for centuries to support the digestive system.



**Rose Hip Fruit** – A lesser known part of the rose, these round, seed-filled bulbs are found underneath rose petals. Rose hips have been traditionally used for their overall health benefits because of the high concentrations of nutrients.

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\*Note: Maintaining a healthy diet and exercise regimen and getting plenty of sleep will help support a healthy immune system.

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

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# UNICITY Nature's Tea

FAQs



## **Who can take Nature's Tea?**

Nature's Tea is intended for healthy individuals. Do not take if you are pregnant, breastfeeding, or taking certain medications. Consult your health care provider before taking Nature's Tea if you have a medical condition.

## **Can I take Nature's Tea more than once per day?**

No. We recommend only one serving of Nature's Tea per day. If you want to maximize its effects, steep the tea a little longer.

## **Can I take Nature's Tea and Aloe Vera together?**

No. Both products have a laxative effect, which will be enhanced if taken together.

## **Can I take Nature's Tea for longer than 15 days?**

No. Nature's Tea contains senna leaf and buckthorn bark that act on the small and large intestines to stimulate bowel motility (peristaltic action), and increase secretion of fluids and electrolytes into the bowel. Prolonged and excessive use may result in laxative dependency, dehydration, electrolyte imbalance (hypokalemia), and even constipation.

## **Can I take Nature's Tea if I have a digestive disorder?**

Nature's Tea is not recommended for those with a digestive disorder as it might aggravate symptoms. Consult with your health care provider prior to taking any supplement.

## **Can I take Nature's Tea outside of the Cleanse Pack?**

Nature's Tea can be taken on its own. However, we recommend taking with the Cleanse Pack for optimal results.

## **Does Nature's Tea cause digestive comfort?**

Nature's Tea can cause discomfort for some people. Steep the tea for a shorter time (1–2 minutes) to give your body time to adjust. If discomfort continues, stop use and consult your healthcare provider.

## **Do I need to change my diet while taking Nature's Tea?**

While you may continue to eat as normal while taking Nature's Tea, we recommend a healthy, balanced diet. Also, make sure you are drinking plenty of water—at least 64 oz. (1.9 L) a day.