



Dear Customer,

Thank you for your Purchase! Please read the instructions below to get the best results with our tea.

Feel free to contact us with any questions! If you like our product, be sure to give an Amazon review and rating of the product.

Suggested Amount

One teabag brews 1 Liter of tea = 4 servings. Can be taken hot or iced.

How to tell if Gymnema tea is helping to lower your blood sugar levels:

- 1) Measure your fasting blood sugar level in the morning, using a glucose meter, before eating anything when you first wake up in the morning.
- 2) Record this value. This is the baseline fasting blood sugar level.
- 3) Do not drink the tea on an empty stomach. Drink the suggested amount of tea throughout the day. Recommended serving for the day is 1 liter.
- 4) Measure your fasting sugar levels the next morning.
- 5) Record this blood sugar number value.
- 6) Compare the two numbers in steps 1 and 4.
- 7) If the fasting blood sugar number in step 4 is lower than the value in step 1, that means the tea is working to reduce your blood sugar levels.

You may increase the amount of tea that you are drinking from 1 Liter a day to 2 Liters per day if your blood sugar levels are not lowered.

In good health,
Organic Thai Herbs

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