

## Energize (Loose Leaf)



### Description:

---

Energize (Loose Leaf) is meant to boost energy levels and provide balanced rejuvenation.\*

### Taste:

---

Davidson's Energize (Loose Leaf) is a fruity blend with a robust, earthy base.

### Function:

---

Davidson's line of organic *Ayurvedic Infusions* aims to promote balance between the mind, body and spirit. These adaptogenic tea blends are meant to align the inner elements and forces of the body, to the outer elements and forces of the universe. There are three sources of fatigue in Ayurveda; mental, emotional and physical. Each of these sources relates to the three *doshas*, or mind-body types; *Vata*, *Pitta* and *Kapha*. This blend is meant to promote a rejuvenating balance between all three *doshas*. Green tea, yerba mate and guayusa are well known for their caffeine content and stimulating properties, which can help reverse the lethargic effects resulting from imbalances in the *Kapha dosha*.\* Ashwagandha can be compared to ginseng, and is known for its restorative effects on fatigue and concentration, which directly relates to imbalances in the *Vata dosha*.\* Gotu kola contains no caffeine, but is known to decrease anxiety and soothe one's emotional state, which balances the *Pitta dosha*.\*

\*These statements have not been evaluated by the FDA. *This product is not intended to diagnose, treat, cure or prevent any disease.* Consult your physician before taking any dietary supplements if you are pregnant or nursing, if you have a medical condition, or are taking medication. Keep out of reach of children.

**Ingredients:**

---

Organic yerba mate leaf, organic green tea leaf, organic ashwagandha root, organic guayusa leaf, organic spearmint leaf, organic gotu kola leaf, organic licorice root and natural flavor.

**Brewing:**

---

1. Heat fresh, filtered water just short of the boiling point.
2. Add 2 grams of tea to a infuser, or straight into an 8-oz. mug.
3. Pour the heated water into the mug.
4. Steep for 5-7 minutes.
5. Strain tea leaves, or take out the infuser.
6. Sip and enjoy Davidson's *Ayurvedic Infusions*.