

# Benefits Of

## Dandelion Root Tea

- ✓ A Helping hand for your liver to process & detox from daily toxins.
- ✓ Yes, a cleansing cuppa bestie before & after a few too many drinks.
- ✓ Improving your digestion through stimulating bile. Reach for a cuppa before or after fat rich foods to prevent bloat & discomfort.
- ✓ Say hello to balanced hormones & the benefits this brings- clearer skin, smoother cycles & less heated moments as you hit perimenopause.
- ✓ Flush out fluid retention with your daily cuppa, saying goodbye to pre-period or inflammation driven puffiness.
- ✓ Leave behind the caffeine addiction with this popular coffee alternative & know you're sipping your way to healthy hormones.

*For best results, add 1 tsp to boiling water & drink 1-3 cups per day.  
Optionally mix in your fav milk, sweetener or collagen.*

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FOR A RANGE OF  
ORGANIC DANDELION ROOT TEA BLENDS**