

# Benefits Of Organic Dandelion Root Tea

A Helping hand for your liver to process & detox from daily toxins.

A cleansing cuppa bestie before & after over indulging in food&/or drinks.

As a bitter herb a cup pre-meals stimulates stomach acid & enzymes to get the most nutrition from your foods.

Improving your digestion through stimulating bile. Reach for a cuppa before or after fat rich foods to prevent bloat & discomfort.


As a prebiotic, promotes a healthy microbiome & regular bowel movements.

Say hello to balanced hormones & the benefits this brings- clearer skin, smoother cycles & transition through peri-menopause.

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.





*Want to get the most  
benefit of your  
Dandelion Root Tea?*

For stimulating your digestion, encouraging healthy bowel movements, cleansing your liver & balancing your blood sugar levels,  
simply drink 1-2 cups a day of our specialised Back To The Paddock Organic Dandelion Root tea blends.

eg. Detox Me blend in the morning before breakfast + Balance Me blend with a dash of milk, after lunch or dinner.

[BackToThePaddock.au](http://BackToThePaddock.au)

## Detox Me

Has the addition of ginger for anti-inflammatory, pain relieving and digestive stimulating benefits.

Think period pain, digestive upsets & headaches.

## Balance Me

Has the addition of cinnamon, for blood sugar regulating effects.

Support for overcoming sweet cravings & supporting conditions of insulin resistance & PCOS.

Back To The Paddock

Organic Dandelion Tea Blend

DETOX ME

Cleansing your liver,  
one sip at a time



160g

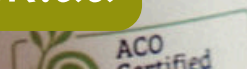
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Organic Dandelion Tea Blend

BALANCE ME

Balancing your blood sugar,  
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160g