



# Tego®

## COLD & FLU BUSTER

Helps Boost Immune System



### The Natural Alternative

A Native American holistic-blend proven to help with cold and flu symptoms

## ABOUT TEGO

The original tea formula from which Tego is made, was used by the Native Americans for over 300 years. The knowledge possessed by medicine people is privileged, and it often remains in particular families. This is just one of the formulas that has been passed down through the Tego family from generation to generation.

**"I was feeling terrible, headache, stuffy nose! After drinking a single cup of this tea, I started feeling better almost immediately"** - Karen M.

## WHAT IS IN TEGO COLD & FLU BUSTER?

Each bag of Tego contains a patented blend of all natural herbal ingredients.



### Blueberry

**BENEFITS:** aids digestion and UT health, helps regulate blood sugar levels, helps prevent cancer, slows the breakdown of bones, lowers risk of heart disease, helps maintain healthy cholesterol levels, antioxidant loaded, vitamin rich, reduces belly fat, improves vision, and enhances mood.



### Chicory Root

**BENEFITS:** digestion support, immune system support, detoxifies, reduces inflammation, antioxidant loaded, antibacterial and anti-fungal, and reduces heart rate.



### Corn Silk

**BENEFITS:** helps boost heart function, lower infections, inflammation, high blood pressure and fatigue.



### Dandelion

**BENEFITS:** anti-oxidants, helps boost the immune system, helps kill cancer cells, supports healthy digestion and supports healthy bones.



### Horehound

**BENEFITS:** helps with lung function, breathing difficulties, cough, asthma, bronchitis and swollen breathing passages.



### Marsh Yew

**BENEFITS:** Very high in vitamin C, helps with breathing difficulties, inflammation, adrenal function and helps boost the immune system.

## EASY TO PREPARE *(Use with stevia or honey if desired.)*

1. Add one teaspoon of tea to infuser or tea bag.
2. Place in cup with 6oz of hot water.
3. Steep for 5-10 minutes.
4. Drink hot or cold.