

CORE MORINGA™ DAILY TEA

Zija's Daily Tea combines Moringa oleifera with other beneficial ingredients to promote a feeling of fullness and align appetite with true caloric needs. Use Daily Tea before meals to reach your weight loss and management goals naturally and effectively.

The average person today consumes approximately 300–500 more calories than he or she did 30 years ago. Although these extra calories may not seem like a big deal, they can equate to roughly two pounds of increased fat per month if not burned through physical activity.

One well-known way to maintain a healthy weight is by improving our eating habits, including eating an appropriate number of calories to match our lifestyle. The average individual should consume between 2,000 and 2,500 calories per day; unfortunately, the size of today's meals makes it difficult to stay within that limit. For example, a typical dinner at a restaurant often contains between 1,000 and 2,000 calories alone.

Our appetite is naturally stimulated by the release of a hormone called dopamine. We are constantly surrounded by advertisements as well as food and beverage products that are designed to stimulate the release of dopamine without our body realizing it. This causes us to feel hungry even when our body doesn't actually need food.



Supplement Facts

30 Servings Per Container
Serving Size 1 Tea Pouch (2g)

% DV *	Amount Per 1 Serving
	Total Calories 0
	Calories from Fat 0
0 %	Cholesterol 0
0 %	Sodium 5mg
0 %	Total Carbohydrates 0g
0 %	Dietary Fiber 0g
-	Sugars 0g
0 %	Protein 0g

*Percent Daily Value is based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

INGREDIENTS: Garcinia cambogia Extract, Bitter Melon Extract (Momordica charantia), Ginger Root (Zingiber officinalis), Orange Peel (Citrus sinensis), Astragalus Root (Astragalus membranaceus), Bilberry Leaf (Vaccinium myrtillus), Stevia (Stevia rebaudiana), Moringa oleifera Blend (Leaf Powder, Seed Cake, Fruit Powder)

DIRECTIONS FOR USE: Consume Daily Tea 1 or 2 hours before lunch or dinner, on an empty stomach. Bring water to a rolling boil, place tea pouch in cup, and pour water. Steep for 5 to 10 minutes and enjoy!

 GLUTEN-FREE