

# ROOIBOS HOT TODDY

Don't let the winter blues get you down! Put the kettle on, curl up with your favorite book, and spend a quiet night in nursing a spicy-sweet rooibos hot toddy.



Rooibos is naturally caffeine free and full of antioxidants. It's also great for relieving stress, nervous tension, and hypertension — turn that into a hot toddy, and you're guaranteed a great night's sleep.