



**THE GREEN ROOM**

**KOMBUCHA**



## FABULOUS HEALTH BENEFITS FROM THIS DRINK INCLUDE

- Antioxidant activity that is 100 times higher than vitamin C and 25 times higher than vitamin E.
- Evidence that it can potentiate the antioxidant and detoxification properties of your body's own master antioxidant, glutathione.
- Promotes gastrointestinal tract (GI) health. It has been shown to aid digestion and also to help prevent damage to the mucosal lining of the GI tract as well as promote healing of existing ulcerations.
- Helps prevent weight gain.
- Helps regulate blood sugar levels and may help prevent the onset of type 2 diabetes.
- May help protect the kidneys from damage due to things like environmental pollutants.
- May help prevent the formation of kidney stones.
- Can help regulate blood lipid levels (cholesterol).
- Can lower blood pressure (hypertension).
- Improves absorption of iron and may prevent anemia.
- Prevents medication-induced liver toxicity and can help the liver process alcohol.
- Can help with headaches, nervousness, and depression.
- Can reduce the severity of symptoms of asthma.
- Can relieve arthritic joint pain.
- Demonstrates some anti-cancer properties.
- Shows antibacterial properties against h. Pylori, salmonella, staph and more.

**GIVE IT A TRY FOR JUST £2.95 PER BOTTLE**  
**RHUBARB, GINGER OR ELDERFLOWER FLAVOURS**