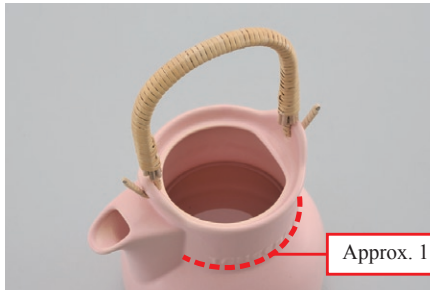


# How to prepare and drink

## Healthy tea TAHEEBO NFD®



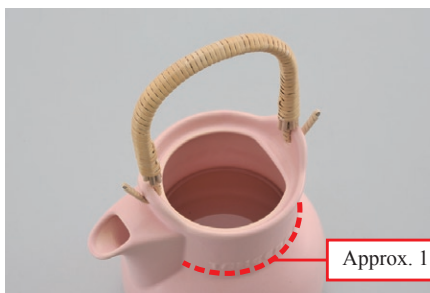
- \* Photos show how to make tea using the Taheebo Ceramic Pot.
- \* Keep the lid off while the ceramic pot is being heated.

- (1) Add one 5g spoonful of powder per 1ℓ of water, using the provided spoon.
- (2) Set the pot on the stove. Once the tea boils, reduce the heat and let the tea steep for 30 min.
- (3) Turn off the stove and let the powder settled to the bottom of the teapot before serving.

\* Small quantities of remaining powder are not a problem.

- Steep about 5g of tea a day. Adjust the amount of powder and infusing time according to your needs and preferred taste.
- Do not use cast iron or aluminum pots or pans to steep the tea.
- If a ceramic pot is not available, use a stainless steel, earthenware or porcelain kettle, pot or pan, or the Electric Teapot.

## Healthy tea TAHEEBO NFD® Tea Bag type



- \* Photos show how to make tea using the Taheebo Ceramic Pot.
- \* Keep the lid off while the ceramic pot is being heated.

- (1) Add one teabag to 1ℓ of water.
- (2) Set the pot on the stove. Once the tea boils, reduce the heat and let the tea steep for 30 min.
- (3) Turn off the stove and let the teabag steep in the pot.

- Steep one teabag a day. Adjust the number of teabags and steeping time according to your needs and preferred taste.
- Do not use cast iron or aluminum pots or pans to steep the tea.
- If a ceramic pot is not available, use a stainless steel, earthenware or porcelain kettle, pot or pan, or the Electric Teapot.