



Pure Sri Lankan Products  
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# Ceylon Cinnamon Masala Tea

Masala Tea is a traditional blend combining Ceylon tea with Ceylon True Cinnamon and many other pure Sri Lankan Spices known for its health benefits.

Splendid SEASONS Masala Tea aids digestion boosts immunity and reduces inflammation. Its warming spices support respiratory health, circulation and heart health.

This tea blend also enhances mental clarity, energy and overall well-being. Daily consumption of **Splendid SEASONS Masala Tea** offers a comforting and heart health-boosting experience.



Antioxidants	3-5%	Vitamins	0.5-1%
Polyphenols	2-4%	Sodium	1-2%
Dietary Fiber	5-7%	Calcium	2-3%
Essential Oils	1-3%	Vitamin C	0.1-0.5%

## Directions to Use for a Healthy Lifestyle

For 3 cups of Masala Tea; Mix 3 tablespoons of Splendid SEASONS of Masala Tea with one cup of water and heat them for 3 to 4 minutes. Mix 2 cups of milk and sugar (at your level). Heat the mix until rolling to boil. Enjoy!

**Ingredients : Ceylon Tea, Ceylon True Cinnamon, Cloves, Cardamom, Cumin, Pepper, Nutmeg, Ginger Powder**



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