

## **RAW FOREST FOODS**

CEREMONIAL GRADE OOLONG TEA

## LAN GUI REN

HAND-ROLLED OOLONG TEA WITH AMERICAN GINSENG AND LICORICE



Our Lan Gui Ren is a small batch, select oolong tea (Camellia sinensis), harvested just twice a year in the world-renowned tea producing Fujian Province.

The oolong tea leaves are hand-rolled with American Ginseng (Panax quinquefolius) leaf and root and Licorice Root, then quickly toasted in a dry wok, producing this ceremonial grade Lan Gui Ren. A true tonic and an elevated elixir.



## KEY BENEFITS

- A healthy alternative to coffee, providing steady, clean, focused energy while cooling heat from the body.
- Delicious taste, slightly vegetal with hints of strawberry blossoms. Sweet, not bitter.
- Tea may be steeped multiple (5 6) times.
- First flush, ceremonial grade oolong tea produced for the domestic Chinese tea market (a much higher grade than tea produced for export).
- Sourced directly in the historic tea producing Yunnan Province.
- Packaged and processed in the USA in a certified organic,
   FDA cGMP facility.

## **USE & INGREDIENTS**

Our Lan Gui Ren brewing instructions: With 10 grams (roughly 3 teaspoons) of tea, steep with 16 ounces of hot water (190°F) for 5-8 minutes. This can be steeped between 5 and 6 times. Enjoy.

At RAW Forest Foods, that is our favorite way to use it.

Each package contains 65 grams of our Ceremonial Grade
Oolong Tea, Lan Gui Ren. Never irradiated and with no fillers or
drying agents—just high quality and high integrity from RAW Forest
Foods.

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