The first ingredient in tea is water, which is needed by your body to run at its best. Tea is 99.5% water, making it just as hydrating and refreshing as water.

Unsweetened GREEN AND BLACK TEA contain ZERO CALORIES. Choosing beverages with no added sugars in place of sugar-sweetened beverages can contribute to a healthy diet consistent with dietary guidelines.

GREEN AND BLACK TEA contain LESS CAFFEINE than coffee.* Theanine is an amino acid almost unique to tea. *Green tea has 28 mg of caffeine per cup and black tea has 47 mg per cup. Brewed coffee has 95 mg per cup.

Tea can be a major contributor of FLAVONOIDs in the diet. Flavonoids are found in tea, wine, cocoa, fruit and vegetables.

1 Ruxton CH and Hart VA. Black tea is not significantly different from water in the maintenance of normal hydration in human subjects: results from a randomized controlled trial. Br J Nutr. 106(4): 588-95, 2011.
5 US Department of Agriculture Database for the Flavonoid Content of Selected Foods Release 3.2. September 2015, slightly revised November 2015.
Infuse your life with easy, everyday well-being!
Looking for a fruity & floral pick me up?
This tropical treat will not only refresh and reinvigorate,
but can also help support a healthy heart.

TROPICAL PASSION GREEN ICED TEA

1 serving Prep Time: 5 minutes
2 bags Lipton® Green Tea with Orange, Passion Fruit & Jasmine (contains approx. 90 mg flavonoids per cup)
1 cup boiling water
1 cup ice
1 kiwi
¼ Orange
1 sprig fresh sage leaves

Pour boiling water over Lipton® Green Tea with Orange, Passion Fruit & Jasmine in an 18-24 oz. glass. Brew for 4 minutes. Remove tea bags and add ice. Peel, slice, and add kiwi to glass. Squeeze orange into glass. Garnish with sage. Muddle, stir, enjoy!

Nutritional Information 1 serving:
Calories 60, Calories from Fat 5, Total Fat 0g, Saturated Fat 0g, Trans Fat 0g, Cholesterol 0mg, Sodium 15mg, Total Carbs 15g, Dietary Fiber 3g, Sugars 9g, Protein 1g, Vitamin A 2%, Vitamin C 100%, Calcium 6%, Iron 2%

Lipton® Black and Green Teas are picked at the PEAK OF FRESHNESS for a naturally smooth taste!
Lipton® Green Tea is available in a variety of flavors, including SUPER FRUITS.