



RENA Beverage Solutions Ltd

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Nutritional Information and Health Benefits of RENA Hibiscus Teas and Juices

The calyces are naturally rich in **Vitamin C (Ascorbic acid), Iron and Potassium, organic acids, polyphenols and anti-aging properties**. They also have significant amounts of **Vitamin E, Calcium, Sodium, crude protein and Magnesium**. RENA hibiscus products processing techniques conserve these nutrients.

Health Benefits of RENA Hibiscus Tea and Juice. As you drink to quench your thirst, you also:

- **Boost immunity** - prevents flu and colds, improves CD4 count.
- **Cleanse the Blood cleanser** - its **antioxidants** reduce blood toxins and bad fat or **Cholesterol and** risk of heart related illnesses.
- **Lower high blood pressure and Diabetes** type 2 through control of blood sugar levels.
- **Boost Blood** - contains **Iron** a nutrient which makes red blood cells and boosts blood.
- **Support healthy weight** – drinking hibiscus beverage over 12 weeks results in reduced body weight and also lowered blood free fatty acid levels which prevents obesity.
- The **Polyphenols** and **Antioxidants** prevent your body from disease and increase your lifespan by maintaining good overall health in many organ systems (**anti-aging**).
- **Help reduce menstruation pains and menopause**. The blood thinning effect of vitamin E in the beverage results in a smoother blood flow relieving of the lady of menstrual cramps.
- Help to restore hormone balance which reduces other symptoms of menstruation like mood swings, depression, and menopause symptoms.
- **Antidepressant properties and Vitamin C** help to calm down the nervous system, reduce anxiety and depression by creating a relaxed sensation in the body and mind.
- **The natural fibers improve Digestion**.
- It has a **Great Taste and quenches thirst**.

Prepared by:

RENA Beverage Solutions Ltd (Uganda)
For your Organic Herbal Beverages,
Sept 2021

