



E. Excel International

Triflora™ Osmanthus

Questions & Answers



Q What is *Triflora*™ Osmanthus?

A *Triflora*™ Osmanthus is our amazing tea. We have recently improved the ingredients and packaging making *Triflora*™ Osmanthus even more effective.

Q What is in the new *Triflora*™ Osmanthus?

A *Triflora*'s main ingredients include five-leaf ginseng, green tea, osmanthus and chrysanthemum, which are rich in antioxidants.

Five-leaf ginseng, also known as sweet tea vine, grows wild in mountainous areas of Southern China. Research shows that five-leaf ginseng is rich in phytochemicals and antioxidants. These phytochemicals and antioxidants can help cleanse the body of harmful pollutants such as heavy metals, preservatives, suspended particles in the air and chemical toxins.

The green tea leaves contain polyphenols—phytochemicals with antioxidant properties. Compared with other popular teas, green tea has the most antioxidant activity. Green tea may also help lower the risk of heart disease by reducing low-density cholesterol.

Osmanthus, which is known as *gwei-hua* in China and tea olive in the Western world, relaxes, uplifts and soothes nerves, and may also help reduce appetite. It is known for its exquisite fragrance.

Chrysanthemum contains high levels of different phytochemicals with powerful anti-inflammatory and antioxidant effects. It is traditionally used to relieve mild fevers and headaches, and soothe sore throats. Chrysanthemum also helps regulate blood pressure.

Q How is *Triflora*™ Osmanthus different from other teas?

A Most teas contain caffeine. Side effects of excessive caffeine consumption include insomnia, wrinkles, indigestion and osteoporosis.

Unlike most teas, *Triflora*™ Osmanthus contains only trace amounts of caffeine and will not have any unpleasant side effects. *Triflora*'s rich antioxidant and phytochemical levels help boost immunity and fight free radical damage. What's more, *Triflora*™ Osmanthus uplifts your spirits with the relaxing scents of *Osmanthus fragrance*.

Q Does *Triflora*™ Osmanthus contain caffeine?

A The new *Triflora*™ Osmanthus has only trace amounts of caffeine. Each packet of *Triflora*™ Osmanthus contains 0.02mg of caffeine. This trace amount of caffeine will not harm the body, so you can enjoy *Triflora*™ Osmanthus with peace of mind.

While all green teas contain caffeine, E. Excel only cultivates green tea bushes that are naturally low in caffeine to avoid the adverse side effects of caffeine. Thereafter, green tea leaves are further decaffeinated by roasting them slightly at low temperatures, followed by treatment with carbon dioxide and water to ensure that the green tea leaves used contain only traces of caffeine. The amount of caffeine is so low, the US Food and Drug Administration (FDA) does not require that we list the caffeine level on the label.

Q Will drinking *Triflora*™ Osmanthus cause insomnia?

A Insomnia is often associated with the caffeine found in most teas. The level of caffeine in *Triflora*™ Osmanthus is so low it is highly unlikely that you will have any side effects from the trace amount of caffeine.

Q Does the decaffeination of *Triflora*™ Osmanthus cause nutrient loss?

A E. Excel's unique decaffeination process does not involve any chemicals and as such, we retain above 90% of antioxidants and other nutrients present in the caffeinated leaves.

Q How do I prepare *Triflora*™ Osmanthus?

A Use warm water to brew *Triflora*™ Osmanthus. Steeped in warm water, *Triflora*™ Osmanthus becomes more aromatic with time. You can also use it with cold water to create a refreshing cool beverage.



Q Can *Triflora*™ Osmanthus be used repeatedly?

A Yes. However, please keep in mind that the antioxidants and nutrients in *Triflora*™ Osmanthus will be reduced with each subsequent use.

Q Can I steep *Triflora*™ Osmanthus in a big teapot and enjoy it slowly?

A Yes, but it is best to drink *Triflora*™ Osmanthus immediately after brewing. Once *Triflora*™ Osmanthus is steeped in water, its antioxidant content will be reduced with the passage of time.

Q Is *Triflora*™ Osmanthus suitable for diabetics?

A *Triflora*™ Osmanthus is suitable for people on low-sugar diets as it does not contain sugar. However, as diabetics have special dietary requirements, it is recommended that they consult a licensed health professional before taking *Triflora*™ Osmanthus.

Q What is the difference between *Triflora*™ Osmanthus and Oolong tea? Can I replace *Triflora*™ Osmanthus with other teas?

A Oolong tea will typically have a high caffeine content level. Oolong and other teas include camellia leaf, which contains a high caffeine content, typically 3.5% caffeine, by weight. In contrast, coffee beans only contain 2.2% caffeine by weight.

A high intake of caffeine can cause many problems, such as heart disease, irregular heartbeat, gastrointestinal upset, behavioral disorders, insomnia and even decreased vitality. In comparison, *Triflora*™ Osmanthus contains trace amounts of caffeine and is full of health-enhancing nutrients, making it an ideal beverage for the entire family.

Q Which products complement *Triflora*™ Osmanthus?

A You may consume *Triflora*™ Osmanthus with any E. Excel product. If taken with *Refresh*™, it will enhance both the taste and detoxifying effect.

Q Is it safe to steep *Triflora*™ Osmanthus tea bags for long periods?

A The new *Triflora*™ Osmanthus tea bags are made from polyethylene terephthalate (PET), which is made in Japan. Their pyramid shape and translucence add elegance to the enjoyment of *Triflora*™ Osmanthus. PET is heat and cold resistant, and enables *Triflora*™ tea bags to be steeped repeatedly. What's more, the United States Food and Drug Administration (FDA) has found PET to be safe. In fact, PET has been used as food packaging for over 20 years.

Q Is the substance used to attach the string to a *Triflora*™ Osmanthus tea bag safe?

A To attach a string to each *Triflora*™ Osmanthus tea bag, heat from a laser is used to create adhesiveness. No glue or other chemicals are added, making it safe to immerse the entire tea bag in warm water and consume *Triflora*™ Osmanthus.

Q When I open the packet, there is loose powder in it. Is this to be expected?

A Yes, The new *Triflora*™ Osmanthus tea bags are slightly porous; the very fine powders will inevitably appear in the packet. Rest assured, we include enough *Triflora*™ Osmanthus ingredients in the tea bags to ensure that each tea bag's net weight is as stated on the packaging.

