

Title:

Rooibos, Just the Facts

Word Count:

554

Summary:

Rooibos (pronounced "Roy-boss"), botanical name *Aspalathus linearis*, is clearly gaining popula

Keywords:

Rooibos, Red Tea, Red Bush, Antioxidant, Tea and Health, South African Tea

Article Body:

Rooibos (pronounced "Roy-boss"), botanical name *Aspalathus linearis*, is clearly gaining popula

History and Trends

- Rooibos has a 300-year history with the first botanical reference recorded in 1772.
- It is indigenous to only the southwest coast of Africa in the Cedarburg Mountain region of
- Unlike other herbs Rooibos is available in non - oxidize and oxidized forms (think green te
- The most commonly consumed type of Rooibos is the dark or oxidized version.
- Rooibos is naturally free of caffeine and makes a terrific beverage for anyone avoiding caf
- Rooibos is delicious hot or cold, is very refreshing and never bitter.
- It's a great addition to recipes or as substitute for water and sometimes milk in recipes.
- I predict that Rooibos will be the next big thing in beauty products having shown promise i
- Rooibos contains natural sweeteners and is calorie free.

Dispelling the Myths

- Rooibos does not have 50 times the antioxidant benefit of green tea; it does not even have
- Rooibos does not contain any vitamin C.
- Rooibos does not aid weight loss.

Antioxidants fight off free radicals which damage the DNA in our cells making us more prone to

Health Facts

- Rooibos is all-natural and contains no additives, preservatives or colorants.
- Rooibos is naturally free of caffeine, (not decaffeinated, the plant contains no caffeine).
- The soothing effect that Rooibos seems to have on the central nervous system may make it an
- While Rooibos is high in antioxidants, it is not as high as green and black teas.
- The antioxidants in Rooibos are also different from those found in green and black teas.
- Additionally Rooibos is high in polyphenol content, another type of antioxidant.
- Rooibos has its own properties; one is a specific flavonoid that is found only in Rooibos o
- Of the 10 identified flavonoid antioxidants in Rooibos aspalathin is one of three that are
- Green Rooibos or the non-oxidized version has more antioxidant benefit than the more popula
- Rooibos contains other nutrients.
- Rooibos has been successfully used to treat the symptoms of colic in infants.
- Rooibos can relieve stomach and digestive disorders such as nausea, vomiting, heartburn, cr

So what is the bottom line? If you like Rooibos, drink it. It taste great, is inexpensive, has

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