



PREMIUM LIPTON TEABAGS

CAFFEINE GUIDE
Based on tea brewed with freshly boiled water for 4-6 minutes (no milk, no sugar), an 8 fl. oz. cup typically contains insignificant amounts of caffeine, fat, carbohydrates, sugars, protein, and sodium.
Values are based on an 8 fl. oz. serving and reflect our standard brewing methods. A standard 8 fl. oz. cup of coffee contains 150 mg caffeine.

NUTRITIONAL FACTS Serving size 1 bag
Servings per container 20

AMOUNT PER SERVING		Calories 0		% Daily Values*	
TOTAL FAT	0g		0%		
SUGARS	0g		0%		
PROTEIN	0g		0%		

INGREDIENTS: ORGANIC GREEN TEA, NATURAL POMEGRANATE FLAVOR

LEARN THE SEASONS: 170 Avenue Hill Rd., Portland, OR 97207 | 1-800-547-8800

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INGREDIENTS: ORGANIC GREEN TEA, ORGANIC TURMERIC, ORGANIC CINNAMON, ORGANIC GINGER

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PROTEIN	0g		0%		

INGREDIENTS: ORGANIC BLACK TEA, NATURAL BLACKBERRY FLAVOR, SAGE

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INGREDIENTS: ORGANIC BLACK TEA, ESSENCE OF BERGAMOT

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