KOMBUCHA TEA: Health Tonic

What is Kombucha Tea?

* A raw, fermented and naturally carbonated tea. It can be consumed plain or with added flavoring such as fruit or juice.
* **Made with w**ater, tea, sugar and any flavorings you desire. A brew takes 7 – 30 days. Most of the sugar is converted by fermentation so that the final brew contains about **2-3 grams per 8 ounce glass**.

ie. An 8 oz glass of orange juice has about 24 g

* Contains beneficial yeasts and bacteria (probiotics), many vitamins (particularly B vitamins), minerals, organic acids and enzymes.
* Kombucha tea cultures multiply. The original starter culture ("the mother") and the new starter culture ("the baby") can each be used to brew a new batch of kombucha tea *so it is self-propagating!*
* It’s good for northerners because the ergosterol found in the yeasts of kombucha help the body convert sunlight into vitamin D!

“It is shown that KT can efficiently act in health prophylaxis and recovery due to four main properties: detoxification, antioxidation, energizing potencies, and promotion of depressed immunity.”

J Med Food. 2014 Feb. *Current evidence on physiological activity and expected health effects of kombucha fermented beverage.*