



ROOGENIC™



*restore
your balance
naturally*

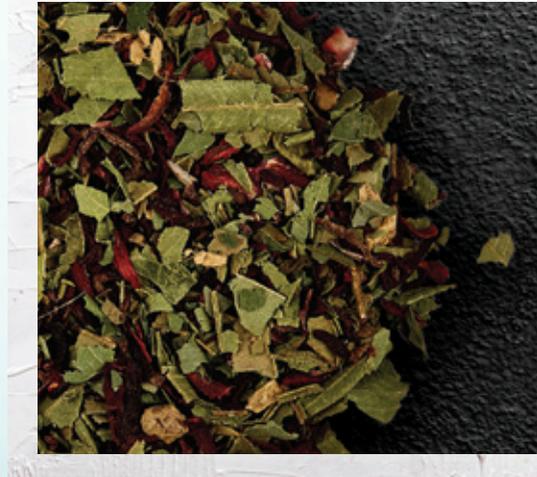
SUPER DETOX GUIDE

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HOW SUPER DETOX TEA WORKS

Roogenic Super Detox Tea is the effortless way to restore balance in your life and reclaim the best version of yourself.

Naturopathically accredited and approved to help with detoxification, digestion & immune function.



LEMON MYRTLE

This amazing Australian bush plant is loaded with antioxidants and is high in citral, which has anti-inflammatory and immune boosting properties and the ability to combat bacteria, viruses and fungi.

GINGER

Ginger's warming, digestion stimulating feeling comes from gingerol, which also acts as an anti-inflammatory agent in the body.

MINT

Famed for its digestive soothing effect, mint also has one of the highest concentrations of a range of antioxidants, essential for maintaining wellbeing.



If you're tired of feeling tired, we encourage you to follow our safe detox guide to achieve the best results with our Roogenic Super Detox Tea.

For best results, we recommend following this guide for 14 days straight.

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HIBISCUS

Loaded with antioxidants, vitamins and minerals, which are essential for fighting free radicals, the anthocyanins in hibiscus work to support liver function to help cleanse the body.



BEETROOT

The magnificent deep magenta colour from beetroot proves that this is a powerfood. Full of fibre to assist the liver in cleansing the body, beetroot is oxygenating and improves circulation. The immune system and collagen production for skin health are improved by high vitamin C levels.

PLUS –

Roogenic Super Detox Tea is naturopathically accredited to help with detoxification, digestion & immune function.

We've received hundreds of positive reviews about weight loss, reduced bloating & improved gut health.

SUPER DETOX TEA BREWING GUIDE

serve hot or cold



LOOSE-LEAF TEA

Add 1 heaped teaspoon of Super Detox Tea to 500ml of boiling water (or to 350ml for a more potent tea).

Steep the Tea for 10-15 minutes.

TEA BAGS

Add 1 Super Detox Tea Bag to 250ml of boiling water.

Steep the Tea for 8-10 minutes.



ICED TEA

Remove the Basic Brew from the fridge.

Add 1-2 teaspoons of fresh lemon juice per cup, according to taste.

Add 1-2 teaspoons of honey per cup, according to taste. We use our Roogenic Australian Honey Infused with Lemon Myrtle.

feel good

14 DAY DETOX GUIDE

DAILY CHECK LIST

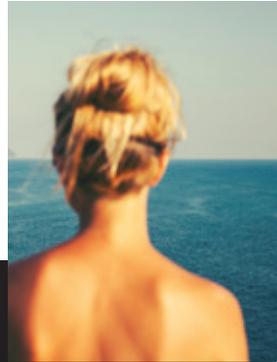
- 500 mL SUPER DETOX TEA (min)
- 2L TOTAL WATER OR SUPER DETOX TEA
- 30 MINS OF EXERCISE
- CREATE A DAILY POSITIVE AFFIRMATION
- CREATE YOUR OWN GOAL
- 5 VEGETABLES RAW OR COOKED

BONUS

- 1/4 TEASPOON KAKADU PLUM POWDER
- 250mL NATIVE RELAXATION TEA 30-60 MINS BEFORE BED

Follow our easy detox guide for 14 days and feel lighter and brighter!

restore your balance naturally



Don't just take our word for it!

"Its a fantastic blend and I enjoy the taste immensely! Going well with exercise, and helping to tame the hunger beast."

- Marian

read more happy customer reviews at roogenic.com.au

reclaim your energy



SERVES 2 | 30 MINS

INGREDIENTS

2 salmon fillets
(-200g-250g each)
1 tbsp Roogenic
Super Detox Tea, milled
1 bunch asparagus
½ small zucchini
8 cherry tomatoes
1 lemon
1 clove of garlic, peeled
2 tbsp of olive oil
Salt and pepper
Baking paper

SUPER DETOX BAKED SALMON

METHOD

Preheat oven to 190°C. Slice the asparagus, zucchini, cherry tomatoes, garlic and lemons thinly.

Tear a large length of baking paper (approximately 60cm) and fold in half. On the first half of the baking paper, place the vegetables and garlic in the center (leaving the second half of the baking paper empty).

Add the lemon on top of the vegetables and then the salmon. Finish by sprinkling the Roogenic Super Detox Tea, salt and olive oil on top of the fish.

Wrap up your parcel by folding the baking paper in half again and sealing each open end with a fold.

Repeat these steps for your second piece of fish.

Place both pieces of fish on a baking tray and bake for 15-20 minutes (depending on how thick your salmon fillets are).

Unwrap the parcel and season with salt and pepper.

BLACK RICE BUDDHA BOWL

SERVES 2 | 30 MINS

INGREDIENTS

1 cup black rice
2 cups water
2 tsp Roogenic Super
Detox Tea
1 teaspoon salt
Black Rice Bowl
toppings (can include tofu,
chicken, salmon, and any
chopped vegetables)

METHOD

In an uncovered saucepan, add all ingredients and bring water to a boil over high heat.

Once boiling, reduce the heat to low, cover saucepan with a lid and leave the rice to simmer for 25-30 minutes or until rice is tender.

Remove saucepan from heat and let sit for 20 minutes or until rice cools.

Assemble your Roogenic Black Rice Bowl by adding your delicious rice (which will be infused with Lemon Myrtle) to the bottom of a round bowl.

Simply add your favourite toppings that can include tofu, chicken, salmon, and any chopped vegetables.

Drizzle with olive oil and add a pinch of salt before devouring.



For more recipes head to www.roogenic.com.au

SUPER DETOX RECIPES

LIVE WELL

NATUROPATHIC TIPS FOR YOUR DETOX

Sarah Chelle *Naturopath (BHSc)*
sarahchelle.com



Head to
roogenic.com.au/blogs/blog
to read each tip in detail
including scientific explanations
and examples.

1

Lower free radicals and antioxidants

The Super Detox Tea is Naturopathically accredited, and approved to help with detoxification, digestion, and immune function. Containing highly potent antioxidants such as ginger, beetroot, lemon myrtle, and hibiscus; they lower free radicals in the liver, protecting your cells and promote the reversal of liver damage, whilst increasing the body's own antioxidant enzyme production – these guys are busy!

Ditch the sugar and processed foods

Refined carbohydrates and sugars such as chocolate, lollies, soft drinks, flavoured milk, white bread, crackers, etc. negatively impact your health by making you gain weight, reduce your energy and impair your liver function. By ditching the sugar and replacing it with wholesome and satisfying alternatives, your energy will remain stable, your brain will be thinking clearer, your skin will be healthier, you'll be sleeping more deeply and you'll feel like a new, amazing person.

2

3

Dry skin brushing

Your lymphatic system is the garbage disposal unit of your body – it collects toxins and waste from your cells and takes them to be removed. While you're detoxing and your cells are producing a greater amount of toxic waste, it's also beneficial to make sure your lymphatic system is working as efficiently as possible to get rid of that toxic waste. A brilliant way to do this is by dry skin brushing everyday before your shower. Grab a skin or body brush and do short, firm strokes in the direction of your heart starting at your feet and going up your legs, at your hands and going up your arms, down your neck and shoulders, and up your stomach and back until you circle your heart.

Eat the rainbow (in veggies)

We all know veggies are phenomenal for us, but did you know that different coloured veggies help us detox in different ways? Your green and white veg, such as broccoli, brussel sprouts, cauliflower and kale, help boost your phase two liver detox pathways. Your purple, blue, red, orange and yellow veg are rich in antioxidants and polyphenols which feed your good gut bacteria, which are also essential to help you eliminate toxins. Munch on 5 cups of veggies per day and aim for veggies that are every colour of the rainbow.

4

5

Have a good sweat

Sweating is a fantastic way to boost any detox plan because when you sweat you're also eliminating toxins from your body. Toxins such as Bisphenol A (BPA) and Phthalates (which are known hormone disruptors and have been linked to obesity) were found in over 80% of people's sweat, and in some people this was double the amount that was found in their urine. So supplement your detox by going for a brisk walk, doing pilates, hot or vinyasa yoga, or sitting in an infrared sauna and feel those toxins come sweating out.



RECOMMEND AND SAVE*

Do you want to earn Roogenic credit for recommending your family and friends?

Simply send them your unique URL code in your Roowards account and once they purchase using that URL, you will receive \$10 in Roogenic credit. They can also get \$10 off their first purchase just for signing up!

**terms and conditions apply*



ROOGENIC™



YOU MAY ALSO LIKE...

NATIVE ANTI-INFLAMMITEA

Our Roogenic Native Anti-Inflammitea combines the well-known properties of Turmeric with three Australian bushfoods including Native Lemongrass, Lemon Myrtle and Tasmanian Pepperberries to calm and ease inflammation in the body.

NATIVE HAPPINESS

Native Happiness Tea is blended with all the flavours of a summer smile with punchy pops of Mango among our native Australian plants, with some of the ingredients in the blend used to boost happiness, ease stress, reduce anxiety, and increase focus.

