



**Stomach Bloating's Issue?**  
**胃胀气问题?**

Prroooott!!

**Tangerine Peel Ginger Peppermint Tea**  
**橘皮姜薄荷茶 @ 5Color Diet: Healthy Recipes**

The infographic features a central cartoon character with a bloated stomach, surrounded by various food items and a large cup of tea. The ingredients shown are tangerine peel, ginger, and peppermint. The cup of tea has the 5color diet logo on it.

Do you sometimes or always experience **stomach bloatedness**? Too much of **cold, fried and greasy foods** especially during festive seasons will cause **stomach bloatedness**. **Tangerine peel** has antioxidants more than 20 times of **Tangerine's juice** which is beneficial for neutralizing free radicals caused environmental factors like air pollution, air allergens, heavy metals & sun exposure, etc. Also, helps to improve colds & flu, digestion, morning sickness, motion sickness, stress & balance blood sugar, etc. Added with other herbs: **Ginger & Peppermint**, this **tea infusion** is specially created for these health concerns.

**Serving size:** 1 cup of 250ml.

**Benefits:** Helps to improve **stomach bloatedness caused by cold, fried and greasy foods**. Also, promote cardiovascular system, lungs, stomach & spleen health, etc.

### Ingredients

**(1) Dried Peppermint** – 3-5 leaves (0.6-1 gram).

**(2) Dried or fresh Tangerine peel, 1 inch length** – 10-15 thin strips (3-4.5 grams).

**(3) Ginger** – 2-4 slices (0.4-0.8 gram).

**(4) Maltose or Honey** – 1 teaspoon or as desired.

**(5) Hot boiling water** – 1 cup of 250ml.

**\* Daily recommended dosage: Ginger 250 mg - 2 grams; Dried Peppermint not more than 6 grams & Dried Tangerine Peel 3-6 grams.**

### Preparation

**(1)** Rinse **all ingredients** with tap or distilled water & discard water. Then rinse again with hot water & discard water.

**(2)** Add washed ingredients together to 1 cup of hot boiling water, cover with a lid & steep for 10 to 15 minutes. After 15 minutes, remove lid then add **Maltose or Honey**, stir well & drink anytime.

### Note

**(1)** Suitable for everyone especially those who have **stomach bloatedness caused by cold, fried and greasy foods**. For adults: take 1-3 cups daily & for children aged 5-12 years old: Take ½-1 cup once every 2-3 days.

**(2) Ginger** might increase your insulin level or lower your blood sugar level so **take in moderation**.

**(3) Moderate intake of Ginger** for those who are on **blood thinning medications** or have **bleeding disorders** because **Ginger** may slow down blood clotting.

**(4) Ginger** might increase the **risk of bleeding during and after surgery**. Stop taking it at least 2 weeks before a scheduled surgery.

**(5) Ginger, Peppermint Leaves & Tangerine peel** have not enough reliable information about the safety intake for pregnant or breastfeeding women, so if you are pregnant or breast feeding, do **take in moderation**.

**(6) Peppermint Leaves** may cause some side effects including heartburn and allergic reactions including flushing, headaches & mouth sores so if you experience such symptoms, **do take in moderation**.

**Caution:** To take this tea infusion at an interval of 1 to 2 hours from medications.