



NEWS RELEASE

For Immediate Release

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Keep the Holidays Stress-Free with Green Tea!

This year, Tzu Thé's gift to consumers is: eliminating the holiday hassle!

(Atlanta, GA) As the winter holiday season approaches, people everywhere are filled with many different feelings. The holiday season is a time to celebrate and spend time with loved ones, but many people spend time stressing about present-shopping and house guests. This year, **Tzu Thé's** gift is to help lower holiday stress through EGCG-rich green tea products. **Tzu Thé's T-Buddy** with individual serving, loose-leaf green tea **T-PODs** make hot or cold green tea on-the-go easy this season! For active adults and children, keep stress down and energy up with **Tzu Thé's** healthy snack - **T-Bars™**!

For many people, the "holiday blues" can ruin the spirit of the holidays¹. In fact, millions of people suffer from increased stress and tension during the holidays each year². But this year, take a moment to relax by having a cup of **Tzu Thé's** 100% natural, EGCG-rich green tea. Green tea offers a wide array of health benefits, including stress relief³. The **T-Buddy** with **T-POD's** and this season's perfect energy bar, the **T-Bar™**, are great gifts for those hard-to-shop-for friends and family members.



The innovative and portable **T-Buddy**, with individual servings of loose-leaf green tea **T-PODS** available in convenient 24-packs, doubles as a tea mug and a tea pot! With a built-in infuser in the portable **T-Buddy**, simply pop open a **T-POD**, pour the loose-leaf green tea from the **T-POD**



¹ The National Mental Health Association, <http://www.nmha.org/infoctr/factsheets/103.cfm>

² Morton C. Orman, M.D, <http://www.stresscure.com/health/holidays.html>

³ Lata Batra, <http://www.indianchild.com/health/benefits-of-green-tea.htm>



into the infuser, and fill with water to enjoy instant and delicious hot or iced green tea. It's perfect at home, in the car, and wherever the holiday season takes you. The **T-Buddy**, which can be used as a tea mug and a tea pot for both hot and cold beverages, is the perfect holiday gift for people of all ages!

For those holiday stockings, **Tzu Thé** is proud to present their **T-Bars™**. These healthy and delicious bars are the perfect alternative to the sugar-filled candy bars that often make their way into holiday stockings. **T-Bars™** are green tea nutrition bars that have 3 grams of green tea in every bar, so they are rich in enzymes and antioxidants. They also have EGCG, vitamins, minerals, essential amino acids, and they contain no GMO ingredients or preservatives. In delicious flavors of: **Green Tea, Natural Rice, and Tropical Fruit** flavors, kids and adults alike enjoy this healthy whole-food bar. Each bar offers the health benefits of a full cup of green tea, and the festive colors add a little extra to the holiday cheer.



This holiday season, take a minute to sit down and relax with a cup of healthy and delicious green tea. And when the tension seems to rise because of that hard-to-shop-for person on your list, just remember that the **T-buddy** and **T-bars™** are **Tzu Thé's** way of saying, "Have a happy and stress-free holiday season!"

Tzu Thé is headquartered in Atlanta, Georgia. For more information on these products, please visit the **Tzu Thé** website at www.Tzu-The.com or contact Erin Smith by phone at (805) 962-1347 or by email at esmith@christiecomm.com.

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