



## NEWS RELEASE

*For Immediate Release*

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### **Celebrate Family Fit Lifestyle Month with Green Tea for the Whole Family!**

*Take family health and wellness to a whole new level with **Tzu Thé**  
green tea nutrition T-Bars!*

(Atlanta, GA) The beginning of the New Year signals a time for renewing nutritious eating and active lifestyle goals to achieve health and happiness in the year ahead. This January, celebrate the resolutions of the New Year while involving the whole family in Family Fit Lifestyle Month with green tea nutrition bars from **Tzu Thé!**

**Tzu Thé's T-Bars™** are the perfect way to make health and wellness resolutions a family affair this January for Family Fit Lifestyle Month. **Tzu Thé's T-Bars™** are the optimal low fat, sugar free and protein rich green tea nutrition bars for fueling every family active adventure. **T-Bars™** are all natural, made with 100% whole food, cold processed vegan ingredients and are lightly sweetened with Konnyaku Fructose, a natural sweetener made from a Japanese tuber similar to the potato, making them the deliciously healthy, natural alternative to sugar laden, processed food bars.

**Tzu Thé's T-Bars™** provide all the nutrients needed to help families everywhere get off the couch and get active during Family Fit Lifestyle Month! **T-Bars™** contain Natural cellulose, Vitamin B, Zinc, selenium, chromium, and a total of 14 minerals and 9 essential amino acids. With high quality complex carbohydrates, protein and four grams of filling fiber, **T-Bars™** are the perfect on-the-go snack for family hikes, lunchboxes, after school sports and weekend adventures!

In addition to packing energy boosting punch of high quality nutrition that every active family needs, **T-Bars™** are made with actual green tea leaves and give kids and parents all the same health and wellness benefits of an entire cup of premium, purified green tea. **T-Bars™** are made with **Tzu Thé's** own premium green tea which provides more EGCG, green teas powerful antioxidant, than any other green tea product on the market. EGCG is one of the most potent antioxidants available and has been shown to be 100 times more effective than that Vitamin C for boosting the bodies' natural immunity. Green tea also has a high fluoride content that inhibits tooth decay and is capable of combating the influenza virus.<sup>1</sup> The green tea content in **T-Bars™** undergoes rigorous quality control to ensure that families everywhere get the highest quality nutrition and taste possible.

**T-Bars™** convenient packaging allow them to be the ideal source of nutrition and energy for active families on-the-go. **T-Bars™** are available in three delicious, kid approved flavors of: **Green Tea, Natural Rice** and **Tropical Fruit** for tasty green tea nutrition that is sure to become a family favorite!

This January, celebrate Family Fit Lifestyle by getting the whole family off the couch and outdoors to increase good quality family bonding, wellness and overall happiness. With powerfully delicious green tea nutrition from **Tzu Thé's T-Bars™**, every family can get active and healthy during Family Fit Lifestyle Month and beyond!

**Tzu Thé** is headquartered in Atlanta, Georgia. For more information on this product or to find out how you can become a distributor please visit the **Tzu Thé** website at [www.Tzu-The.com](http://www.Tzu-The.com). For media inquiries, contact Erin Smith of Christie Communications at (805) 962-1347 or [esmith@christiecomm.com](mailto:esmith@christiecomm.com).

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<sup>1</sup> [www.health24.com](http://www.health24.com)