

HOW TEA WAKES YOU UP

**PEAK EFFECT:
15 TO 45 MINUTES**

**TOTAL EFFECT:
TWO HOURS GENERALLY**

1. STOMACH

Stimulates acid production

2. BLOOD

Transports caffeine to organs

3. HEART

Higher pulse

4. BRAIN

Stimulates by replacing the brain's own slow down chemical
- Effect: Alertness, concentration.
Constrains blood vessels to the brain
- Effect: Helps migraine headache

5. LUNGS

Relaxes involuntary muscles
- Effect: Helps asthma

6. MUSCLES

Stimulates voluntary muscles for higher performance

7. KIDNEYS

Stimulates urine production

8. INTENSTINES

Relaxes involuntary muscles - such as in colon

