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REVITAL

DETOX FOR LONGEVITY

Freeze-Dried Herbal Teas

The Revital Method is based on the principles of Traditional Chinese Medicine, an ancient holistic discipline, which at the Palace Merano is combined with the most advanced techniques and dictates of Western medicine.

According to Traditional Chinese Medicine, the energy of all living beings is characterised by essential and constant qualities, which are given the name of "elements". There are 5 energy forms present in nature.



WOOD
green element
liver



FIRE
red element
heart



EARTH
yellow element
pancreas



METAL
white element
lungs



WATER
grey element
kidneys

Just like in nature, humans can reflect characteristics that may be attributable to, for example, the GREEN element, rather than RED, YELLOW, WHITE or GREY; the constitution/character of an individual is influenced by the prevalence of one of the five elements. Their identification plays a fundamental role in the personalisation of the Revital treatment and in the selection of diet to be followed.



Revital Freeze-Dried Herbal Teas are made using pure herbs, created on the basis of the prevailing Element.

The freeze-drying process allows for the quality and nutritional properties of the product being freeze-dried to remain intact and unaltered; it is the only dehydration method that perfectly preserves the structure of the different molecules that make up the ingredients.

Thanks to this innovative methodology, our Lyopharm research laboratory in Bolzano has created special freeze-dried herbal teas specific to each of the 5 elements (GREEN, RED, YELLOW, WHITE AND GREY) and for each corresponding organ:



REVITAL GREEN
purifying freeze-dried herbal
tea pack of 10 units

With milk thistle, peppermint, yarrow and life everlasting flower. The preferred flavour for the Green Element is **sour**. It promotes hepatobiliary function and the elimination of toxins. Prescribed for the liver and gall bladder.



REVITAL RED
balancing freeze-dried herbal
tea pack of 10 units

With artichoke, dandelion, burdock root, milk thistle and chicory roots. The preferred flavour for the Red Element is **bitter**. With anti-inflammatory, refreshing and protective qualities for the cardiovascular and intestinal systems.



REVITAL YELLOW
digestive freeze-dried herbal
tea pack of 10 units

Roman mint, psyllium seed husks, rhubarb root, fennel, licorice, dandelion, malva sylvestris leaf and hibiscus. The preferred flavour for the Yellow Element is **sweet**. It supports the digestive system and has properties that promote the elimination of liquids.



REVITAL WHITE
draining freeze-dried herbal
tea pack of 10 units

With green mate, nettle leaves, birch leaves, rooibos, licorice, anise, juniper berries and coriander. A herbal tea that promotes bowel function and contains specific draining ingredients. The preferred flavour for the White Element is **slightly spicy**.



REVITAL GREY
diuretic freeze-dried herbal
tea package 10 units

With nettle, Moroccan mint, dandelion, birch leaves and horsetail. Medicinal herbs with re-mineralising properties that help kidney function. The preferred flavour for the Grey Element is **slightly salty**.

You can enjoy them at any time of the day, by simply adding 250 ml of hot or cold water and mixing (the Revital Yellow herbal tea can only be rehydrated with hot water).

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