

TAKE A TEA BREAK

In an in-depth talk on the healing powers of Tea, held at the Cha Bar today by Typhoo, renowned nutritionist Naini Setalvad said, "We are all



aware of the fact that antioxidants present in tea offer numerous health benefits including cancer prevention, cholesterol reduction, and protection against stroke and heart attack. But tea has more to offer and is one of the healthiest beverages available." Present at the occasion, Typhoo spokesperson Renu Kakkar said, "In today's day and age when there are unhealthy beverage options out there, it is important to remember that tea, while keeping you hydrated, offers numerous health benefits along with great flavour." Typhoo has 16 varieties to offer from its premium teas to its flavoured and green tea range. There is also a fruit infusion range free from sugar, caffeine, preservatives and artificial flavouring.