



tea + fruits + veggies  
lower in sugar than  
any other juice box

Parents love  
the nutrition  
& kids love  
the great taste



## Frequently Asked Questions

**What is this?** Little Me Tea is the healthy alternative to juice – organic tea for kids, sweetened only with fruit and veggie juices, super low in sugar, certified organic, non-GMO and caffeine-free. It has a light, refreshing taste and, at just 6 grams, is lower in sugar than any other juice box.

**What flavors are available?** Little Me Tea comes in four deliciously refreshing flavors: Julia's Tropical Tea, Zane's Grape Tea, and (brand new flavors!) Fruit Punch Tea and Berry Tasty Tea.

**Why tea for kids?** Tea is the world's second most consumed beverage besides water and proven to be as hydrating as water. Tea is a perfect drink for kids because of its myriad health benefits.

**Why is USDA Organic certification important?** Pesticide exposure has been linked to cancer, which is the leading cause of death by disease in American children. Yet, many of the juices found in non-organic juice boxes (and marketed as "healthy" drinks) are loaded with pesticides, such as apple, grape and berry juice. Little Me Tea contains ONLY certified organic ingredients.

**Does Little Me Tea contain any caffeine?** Little Me Tea has been independently verified as a zero caffeine beverage.

**Does Little Me Tea contain GMO ingredients?** No way! Little Me Tea is Non-GMO Project Verified.

**Can babies drink it?** Little Me Tea is appropriate for children ages 18 months and up, but children as young as 12 months old can have a little.

**Is it BPA-free?** Yes. Little Me Tea uses Tetra Pak, the most environmentally-friendly packaging on the market.

**Where do you get the tea (ingredients)?** We source only the best organic teas: White tea from China; Rooibos from the South African red bush; other herbal teas from tropical regions. All of our teas are organic, which is important because tea leaves are not washed before they reach your cup.

**How much tea is in Little Me Tea?** Nearly 70% of each flavor is actual tea.

**What are organic natural flavors and is there anything synthetic?** Only plant-based ingredients like fruit concentrates are used in our organic natural flavors. Some “natural flavors” can mask unfavorable ingredients, but our natural flavors are certified organic and contain no synthetic chemicals, pesticides, GMOs, etc.

**Why doesn't Little Me Tea list 100% RDI of Vitamin C?** Most juices add synthetic ascorbic acid to reach 100% RDI of Vitamin C, but Little Me Tea adds no synthetic components. Synthetic vitamins may be a source of GMO contamination. Little Me Tea's nutrients come from its teas and juices, and it is a natural source of electrolytes.

**Is it safe for people with diabetes, allergies, ADHD, etc?** Little Me Tea is an ideal drink for people with all kinds of health issues due to its low sugar content and tea's natural healing properties. It is certified organic and doesn't contain added sugar, food dyes, or anything artificial. Little Me Tea is produced in a nut free facility.

**Where can I find Little Me Tea in the store?** In the kids' beverage aisle near the other juice boxes.

**How long does it last after opening?** Opened juice boxes should be refrigerated and consumed in a couple of days.

**How much sugar (or added sugar) should children consume per day?** Check with your pediatrician for their recommendation, but we strongly suggest limiting your child's sugar intake to avoid an increased risk of obesity, inflammation in the body, and suppression of the immune system. The Harvard School of Nutrition recommends that beverages contain no more than 1 gram of sugar per ounce. Little Me Tea is the only juice box that meets those standards.

## How much sugar is in your kid's drink?



calories	sugar (grams)	caffeine- free tea	fruits + veggies	added sugar	certified organic	non-GMO project verified
30	6			no way!		

Honest Kids

40

9

-

-

-

yes

-

Water Fruits

40

10

-

-

yes

-

-

Capri Sun

contains high fructose corn syrup

60

16

-

-

yes

-

-

V-8 V-Fusion

70

17

-

yes

-

-

-

Back to Nature

80

19

-

-

-

-

yes

Apple & Eve

100

21

-

-

-

-

yes

Juicy Juice

100

22

-

-

-

-

-

Chart based on a 6.75oz serving of the following products: Little Me Tea Julia's Tropical Tea, Honest Kids Super Fruit Punch, Water Fruits Fruit Punch Frenzy, Capri Sun Fruit Punch, V-8 V-Fusion Fruit Punch, Back to Nature Apple, Apple & Eve Super Fruit Punch & Juicy Juice Apple. Information correct as of 9-7-14.