**Malawi Village**

There will be for now 3 categories of Juice.

**1st Category Refreshment**

1. **Intelligent water**

**Ingredients- watermelon, lime, Lemmon, ginger, agave**

Watermelon is one of the most alkaline forming fruits on planet earth. powerful fruit that is Packs with Potassium and Magnesium. Watermelon has 92% H302 hydrogen bond water inside of them. Watermelon is Known for heling cardiovascular system, keeping the body hydrated and providing Electrolytes and Ascorbic Acid. The best result comes from a daily intake or frequent watermelon fast. This is an all-healing fruit for the body!

<https://www.amazon.com/Watermelon-Seeds-Citrullus-Lanatus-RDR/dp/B06VSWFCHQ>

<https://ecommerce.valliproduce.com/shop/whole_seeded_watermelon/p/2311229>

<https://freshleaf.gr/products/lime>

<https://www.freepik.com/premium-photo/juicy-lemon-white-surface-isolated_13717200.htm>

<https://joverfruits.com/en/products/jengibre>

<https://www.freepik.com/premium-ai-image/agave-plant-simplicity-isolated-white-background_154653551.htm>

1. **Orange Juice**

**Ingredients-** Organic Orange Juice

**Health benefits**

Freshly squeezed orange juice made with 100% organic oranges, and nothing else. Rich in Vitamin C & folate, and potassium.  helps the body to metabolize carbohydrates, vitamin C supports your immune system and may be effective in fighting against the common cold. May improved heart health, decreased inflammation, and a reduced risk of kidney stones.

<https://www.kesargrocery.com/orange.html>

1. **Zobo**

* **Ingredients- Hibiscus, raspberry, strawberry, mango, pineapple, ginger, lemon, lime & agave**

Hibiscus flower may lower blood pressure, Improves Digestive Health, Fights **inflammation**, **lowers cholesterol**, and **Supports Liver Health**. Contain strong antioxidants such as Vitamin C, quercetin and gallic acid that fight against cancer.

[Drink Botanicals Dried Hibiscus Flower Petals – DrinkNolo.ie](https://drinknolo.ie/products/drink-botanicals-dried-hibiscus-flower-petals)

<https://www.traderjoes.com/home/products/pdp/095018>

<https://farmfreshontario.com/product/strawberry/>

<https://www.heb.com/product-detail/fresh-small-ataulfo-mango/1668455>

<https://qvm.com.au/shop/fruit-veg-organics/fruit/pineapple-2/>

<https://freshleaf.gr/products/lime>

<https://www.freepik.com/premium-photo/juicy-lemon-white-surface-isolated_13717200.htm>

<https://joverfruits.com/en/products/jengibre>

<https://www.freepik.com/premium-ai-image/agave-plant-simplicity-isolated-white-background_154653551.htm>

1. **Traditional Ginger beer -**

**Ingredients- Ginger Roots, lime, Lemmon, Pineapple, Clove, Agave**

Ginger root is a great way to aid your digestion, detoxify your system, and increase your body’s production of white blood cells, which help protect your internal system from disease and infection. Ginger root is more potent (and delicious) than any dried tea bag, coffee, milk or soda bought at the supermarket. it is known to benefit both the brain and body by fighting germs, keeping your mouth healthy, calming nausea and soothing sore muscles.

<https://joverfruits.com/en/products/jengibre>

<https://www.freepik.com/premium-ai-image/agave-plant-simplicity-isolated-white-background_154653551.htm>

<https://qvm.com.au/shop/fruit-veg-organics/fruit/pineapple-2/>

<https://www.ispiceyou.com/blogs/news/what-is-cloves>

<https://freshleaf.gr/products/lime>

<https://www.freepik.com/premium-photo/juicy-lemon-white-surface-isolated_13717200.htm>

1. **Pina tropical –**

**Ingredients- Mango, pineapple, ginger, lime, lemmon, agave**

* **Mangos contain nutrients and antioxidants.** Rich in fiber Packed with nutrients, rich in vitamin C, which is important for forming blood vessels and healthy collagen, as well as helping you heal. Low in calories, may help prevent diabetes, high in healthy plant compounds, contains immune-boosting nutrients, supports heart health, may improve digestive health and support eye health

<https://www.heb.com/product-detail/fresh-small-ataulfo-mango/1668455>

<https://qvm.com.au/shop/fruit-veg-organics/fruit/pineapple-2/>

<https://joverfruits.com/en/products/jengibre>

<https://freshleaf.gr/products/lime>

<https://www.freepik.com/premium-photo/juicy-lemon-white-surface-isolated_13717200.htm>

<https://www.freepik.com/premium-ai-image/agave-plant-simplicity-isolated-white-background_154653551.htm>

**2nd Category Detox and Immune booster**

1. **Vitamin C-**

**Ingredients- Grapefruit, lime, Lemmon, orange, ginger, cayenne pepper**

Immunity powerhouse with a focus on overall vitality, Good for digestion. gut health. Helps manage weight gain, expel mucus, promote healthy skin. Use daily shot in the morning before eating and at night after the last meal for best results.

<https://alderandoakplants.com/product/rio-red-grapefruit/>

<https://www.kesargrocery.com/orange.html>

<https://rhythmaromatics.com/products/cayenne-pepper>

<https://freshleaf.gr/products/lime>

<https://www.freepik.com/premium-photo/juicy-lemon-white-surface-isolated_13717200.htm>

<https://joverfruits.com/en/products/jengibre>

<https://www.freepik.com/premium-ai-image/agave-plant-simplicity-isolated-white-background_154653551.htm>

<https://pngtree.com/freepng/cayenne-red-pepper-powder-on-transparat-background_14704254.html>

1. **Strong Green**

**Ingredients- kale, turnip-green, watercress, arugula, Green-apple, cucumber, lime, Lemmon, ginger**

The ultimate detox drink. Helps lowering the risk of type 2 diabetes, protecting against heart disease, and helping prevent constipation. Great for detoxification, reduce bloating, eliminate mucus, contain lots of vitamins, minerals, antioxidants, a boost in healthy glowing skin. A overall Gut health cleanse.

**<https://www.veggycation.com.au/vegetables/kale/>**

[**https://www.tazemasa.com/organik-kale-yapragi-150-gr-4674**](https://www.tazemasa.com/organik-kale-yapragi-150-gr-4674)

[**https://www.walmart.com/ip/Fresh-Turnip-Greens-Bunch-Each/189452883?classType=REGULAR&athbdg=L1200**](https://www.walmart.com/ip/Fresh-Turnip-Greens-Bunch-Each/189452883?classType=REGULAR&athbdg=L1200)

[**https://www.jacksonstall.shop/products/watercress-%E8%A5%BF%E6%B4%8B%E8%8F%9C**](https://www.jacksonstall.shop/products/watercress-%E8%A5%BF%E6%B4%8B%E8%8F%9C)

[**https://www.freepik.com/premium-photo/fresh-watercress-isolated-white-background\_3569465.htm**](https://www.freepik.com/premium-photo/fresh-watercress-isolated-white-background_3569465.htm)

[**https://lettuceinfo.org/products/arugula/**](https://lettuceinfo.org/products/arugula/)

[**https://www.spoons.com/green-apple**](https://www.spoons.com/green-apple)

[**Green Apple 5pcs Malaysia, Selangor, Kuala Lumpur (KL) Supplier, Wholesaler, Supply, Supplies | DBS GROCER SDN. BHD.**](https://www.dbsfreshmart.com.my/showproducts/productid/3905219/green-apple-5pcs/)

[**https://freshleaf.gr/products/lime**](https://freshleaf.gr/products/lime)

[**https://www.freepik.com/premium-photo/juicy-lemon-white-surface-isolated\_13717200.htm**](https://www.freepik.com/premium-photo/juicy-lemon-white-surface-isolated_13717200.htm)

[**https://joverfruits.com/en/products/jengibre**](https://joverfruits.com/en/products/jengibre)

1. **Rouge-**   
   **Ingredients** - Beet Roots, Red Apple, Orange, Kale, Ginger, lemon

Low in calories yet high in nutrition, Beets are packed with essential vitamins and minerals including Folate, Manganese, Vitamin C, Vitamin A, Potassium. These nutrients help to reduce the risk of heart disease and stroke, improve digestive health, fight inflammation and support brain health. improve exercise performance and support energy levels Drinking beetroot juice could actually help you exercise for up to 16% longer.

**Kale**: Very low in calories and extremely high in nutrients, Kale is easily one of the healthiest and most nutrient-dense foods around. Kale is loaded with antioxidants and is one of the best sources of Vitamin C and K. It has so many nutrients we could go on and on…

**Apples**: One of the most versatile fruits, Apples also have many nutritional benefits. Rich in fiber, Vitamin C and potassium, to name a few, their benefits are linked to lowering the risk of chronic conditions such as diabetes, heart disease and cancer and promoting weight loss and brain health.

Etc.

<https://www.gardeningknowhow.com/edible/vegetables/beets/plants-from-produce-beet.htm>

<https://easygrocery.com.au/product/dailyneeds/vegetablesandfruits/beetroot-1-kg/>

<https://bendigofresh.com/products/beetroot-large>

<https://www.veggycation.com.au/vegetables/kale/>

<https://www.tazemasa.com/organik-kale-yapragi-150-gr-4674>

<https://sinsoohup.com.my/products/red-apple>

<https://www.kesargrocery.com/orange.html>

<https://joverfruits.com/en/products/jengibre>

<https://freshleaf.gr/products/lime>

<https://www.freepik.com/premium-photo/juicy-lemon-white-surface-isolated_13717200.htm>

**Cayenne Pepper**: A well known super spice, Cayenne is one of the most potent spices that can boost your metabolism, reduce hunger, act as a digestive aid, and is anti-inflammatory. High antioxidants and Vitamins (A, C, B2, B6, K), its no wonder we've added it to our popular Celery Juice!

**Apples**: One of the most versatile fruits, Apples also have many nutritional benefits. Rich in fiber, Vitamin C and potassium, to name a few, their benefits are linked to lowering the risk of chronic conditions such as diabetes, heart disease and cancer and promoting weight loss and brain health.

**Kale**: Very low in calories and extremely high in nutrients, Kale is easily one of the healthiest and most nutrient-dense foods around. Kale is loaded with antioxidants and is one of the best sources of Vitamin C and K. It has so many nutrients we could go on and on…

**Cucumber**: Did you know Cucumber is actually a fruit. But that does not change the fact that it is nutritious, low in calories and contains many essential vitamins (vitamins B and C) and minerals such as  copper, phosphorus, potassium, and magnesium. These support weight loss hydration, digestive health and lower blood sugar levels.

**Pineapples**: A delicious and healthy tropical fruit, Pineapple is rich with Vitamin C (immune health), magnesium (disease-fighting antioxidants) and loaded with other vitamins and nutrients (manganese, copper, potassium, riboflavin) that are essential for digestion, immunity, and recovery from surgery.

**3rd categories Sweet and unsweet tea**

1. **Mango & Coconut tea**

A refreshing tropical twist, presents an exotic escape, transporting the mango tea lover to distant realms with its aromatic fusion of coconut. Coconut is a great energy-revitalizing drink. Coconut provides a large portion of sodium, potassium, phosphorus, calcium, and magnesium, which help revive and enhance your energy. Mango often considered a superfood rich in fiber, good source of vitamins, minerals, and antioxidants. **Boost the Immune System and Ease Constipation.**

**Ingredients- mango, coconut, lemon**

**Base**

Chamomile**, nettle, Raspberry leaf, elderberry,**

* **With agave**

**Or**

**Without agave**

<https://www.bio-botanica.com/product/red-raspberry-leaf-rubus-idaeus-raspberry-leaf-extract/> **(raspberry leaf**

<https://www.istockphoto.com/photos/raspberry-branch>

**(raspberry leaf this has nice photo with the raspberry and left together**

<https://littleredcuptea.com/products/organic-camellia-flowers>

<https://www.coffeecartel.com.au/product/camellia-bud-30g/>

<https://herbalmansion.com/products/camellia-buds>

<https://www.valleyoftea.com/en-us/products/nettleseed>

<https://www.etsy.com/uk/listing/1049493058/organic-dried-stinging-nettle-leaf-25g>

<https://mirahbelle.com/blog/post/nettle-extract/>

<https://www.heb.com/product-detail/fresh-small-ataulfo-mango/1668455> **(this is Ataulfo Mango)**

<https://www.heb.com/product-detail/fresh-large-mango/321109>

<https://www.amazon.in/Fresh-Coconut-Medium-Pack/dp/B07BG7D7WR?th=1>

<https://www.znaturalfoods.com/products/coconut-shredded-raw-organic>

**(this coconut photo is really nice keep strolling you will see it**

<https://freshleaf.gr/products/lime>

<https://www.freepik.com/premium-photo/juicy-lemon-white-surface-isolated_13717200.htm>

<https://www.freepik.com/premium-ai-image/agave-plant-simplicity-isolated-white-background_154653551.htm>

1. **Orange and Rosemary tea**

* Fuel your senses with the pleasant aroma and taste of orange and rosemary. From the first sip, the blend is bright and delicate, mimicking the sweet summer flavor of freshly sliced oranges, followed by a pleasant surprise of rosemary…

**Ingredients- Orange, Rosemery, lemon**

**Base**

Chamomile**, nettle, Raspberry leaf, elderberry,**

* **With agave**

**Or**

**Without agave**

[**https://www.bio-botanica.com/product/red-raspberry-leaf-rubus-idaeus-raspberry-leaf-extract/**](https://www.bio-botanica.com/product/red-raspberry-leaf-rubus-idaeus-raspberry-leaf-extract/)

**(raspberry leaf**

[**https://www.istockphoto.com/photos/raspberry-branch**](https://www.istockphoto.com/photos/raspberry-branch)

**(raspberry leaf this has nice photo with the raspberry and left together**

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[**https://www.coffeecartel.com.au/product/camellia-bud-30g/**](https://www.coffeecartel.com.au/product/camellia-bud-30g/)

[**https://herbalmansion.com/products/camellia-buds**](https://herbalmansion.com/products/camellia-buds)

[**https://www.valleyoftea.com/en-us/products/nettleseed**](https://www.valleyoftea.com/en-us/products/nettleseed)

[**https://www.etsy.com/uk/listing/1049493058/organic-dried-stinging-nettle-leaf-25g**](https://www.etsy.com/uk/listing/1049493058/organic-dried-stinging-nettle-leaf-25g)

[**https://mirahbelle.com/blog/post/nettle-extract/**](https://mirahbelle.com/blog/post/nettle-extract/)

[**https://www.kesargrocery.com/orange.html**](https://www.kesargrocery.com/orange.html)

[**https://www.amazon.com/Rosemary-Locally-Grown-2-Bunches/dp/B01GKDYX0I**](https://www.amazon.com/Rosemary-Locally-Grown-2-Bunches/dp/B01GKDYX0I)

[**https://www.creedfoodservice.co.uk/600808-fresh-rosemary-100g.html**](https://www.creedfoodservice.co.uk/600808-fresh-rosemary-100g.html)

<https://freshleaf.gr/products/lime>

<https://www.freepik.com/premium-photo/juicy-lemon-white-surface-isolated_13717200.htm>

<https://www.freepik.com/premium-ai-image/agave-plant-simplicity-isolated-white-background_154653551.htm>

1. **Raspberry, strawberry & pomegranate tea**

* There’s something seriously magical when introducing three favorites and finding out they pair harmoniously, right? That’s how we felt when we took our iconic, thirst-quenching berries featuring a hit of pomegranate. lovely fruit fragrance, adding a refreshing allure to your lazy summer afternoon. And it’s just as pleasant during other seasonal months. You asked for it, and here it is one of our favorite herbal brews.

**Ingredients-,** Raspberry, strawberry, pomegranate, lemon

**Base**

Chamomile**, nettle, Raspberry leaf, elderberry,**

* **With agave**

**Or**

**Without agave**

<https://www.bio-botanica.com/product/red-raspberry-leaf-rubus-idaeus-raspberry-leaf-extract/>

**(raspberry leaf**

<https://www.istockphoto.com/photos/raspberry-branch>

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<https://www.coffeecartel.com.au/product/camellia-bud-30g/>

<https://herbalmansion.com/products/camellia-buds>

<https://www.valleyoftea.com/en-us/products/nettleseed>

<https://www.etsy.com/uk/listing/1049493058/organic-dried-stinging-nettle-leaf-25g>

<https://mirahbelle.com/blog/post/nettle-extract/>

<https://stock.adobe.com/search/images?k=elderberry+isolated>

<https://41olive.com/products/elderberry>

**(this is the only one that has elderberry in it.**

<https://www.traderjoes.com/home/products/pdp/095018>

<https://farmfreshontario.com/product/strawberry/>

<https://www.uclahealth.org/news/article/health-benefits-of-pomegranates-extend-throughout-the-body>

<https://www.ebay.com/itm/226027629532?chn=ps&norover=1&mkevt=1&mkrid=711-117182-37290-0&mkcid=2&mkscid=101&itemid=226027629532&targetid=2299003535955&device=c&mktype=pla&googleloc=9026938&poi=&campaignid=21214315381&mkgroupid=161363866036&rlsatarget=pla-2299003535955&abcId=9407526&merchantid=110790476&gad_source=4&gclid=Cj0KCQjw99e4BhDiARIsAISE7P-0Tp-RDLXdqJwazgoHd-ZO-q4a4ClLZxDjPvS24X7z0p2oy23GDc8aAoekEALw_wcB>

<https://freshleaf.gr/products/lime>

<https://www.freepik.com/premium-photo/juicy-lemon-white-surface-isolated_13717200.htm>

<https://www.freepik.com/premium-ai-image/agave-plant-simplicity-isolated-white-background_154653551.htm>

* **(For the tea this is the herbs in the tea they all have this product in them the so I think when they click on the flavors of their choice then these descriptions can pop up to give them a detail break down of each herbs benefits for the body. Also once everything is on the website it will be much more easier to edit. )**

**Nettle**

Nettle, also known as stinging nettle, has many potential health benefits, including:

* **Pain relief**

Nettle leaves can be applied topically to sore muscles or joints, and some people find relief from joint pain by taking an oral extract.

* **Hay fever**

Nettle may help reduce sneezing and itching by reducing the amount of histamine the body produces in response to allergens.

* **Bone health**

Nettle tea is high in calcium and magnesium, which can help delay bone weakening.

* **Urinary issues**

Nettle root can help treat mictional difficulties associated with benign prostatic hyperplasia (BPH).

* **Bleeding**

Products containing stinging nettle can reduce bleeding during surgery and after dental surgery.

* **Eczema**

Nettle may help with eczema, a dry, itchy rash.

* **Respiratory support**

Nettle tincture can help with asthma, mucus conditions of the lungs, chronic coughs, flu, colds, bronchitis, and pneumonia.

* **Immune system**

Nettle leaves are rich in vitamin C, which can help support the immune system.



Nettle is also a good source of vitamin A, fiber, iron, potassium, and other minerals. It can be eaten as a vegetable, juice, or tea, or used as a flavoring in dishes.

Chamomile

Chamomile is a flowering plant that has been used for centuries as a medicinal herb. It has many potential benefits, including:

* **Sleep**

Chamomile has a mild sedative effect that can help you fall asleep and improve the quality of your sleep.

* **Anxiety**

Chamomile can help relieve symptoms of anxiety, especially generalized anxiety disorder (GAD).

* **Digestion**

Chamomile can help with stomach ailments like gas, diarrhea, and indigestion. It can also help relax muscle contractions in the intestines.

* **Skin conditions**

Chamomile can be used topically to soothe irritated skin, treat eczema, and treat other skin conditions.

* **Inflammation**

Chamomile has anti-inflammatory properties that can help reduce inflammation.

* **Diabetes**

Chamomile may help improve glycemic and lipid profiles and oxidative stress levels in people with diabetes.

* **Osteoporosis**

Chamomile may help prevent osteoporosis by reducing oxidative stress.

Chamomile is generally safe, but you should not take it if you have allergies to daisies or ragweed.

**Raspberry left**

Raspberry leaf has many potential health benefits, including:

* **Digestive support**

Raspberry leaf tea can help with indigestion, bloating, and diarrhea.

* **Menstrual cramps**

Raspberry leaf contains fragrine, which can help tone and tighten pelvic muscles, reducing cramps and heavy flow.

* **Pregnancy**

Raspberry leaf tea is a popular choice during pregnancy, as it may strengthen the uterus, improve labor outcomes, and prevent excessive bleeding after childbirth.

* **Antioxidants**

Raspberry leaf contains antioxidants, such as tannins, flavonoids, and ellagic acid, which may protect against cell damage and reduce the risk of cardiovascular and neurodegenerative diseases.

* **Cardiovascular health**

Raspberry leaf contains antioxidants and minerals that may contribute to cardiovascular health by regulating blood pressure and improving blood circulation.

* **Other health benefits**

Raspberry leaf tea may also help with mouth ulcers, sore throats, gum disease, and inflammatory eye conditions.

Raspberry leaf tea is rich in vitamins and minerals, including vitamins C, E, A, and B, as well as magnesium, potassium, iron, and calcium. However, high temperatures and prolonged boiling or cooking can destroy vitamin C.

**Elderberry**

Elderberry is a dark purple berry that may have several health benefits, including:

* **Immune system**

Elderberries contain vitamins and antioxidants that may help boost the immune system.

* **Inflammation**

Elderberries contain flavonoids, which may help reduce swelling and fight inflammation.

* **Flu and cold symptoms**

Some studies suggest that elderberry may help relieve symptoms of the flu and other upper respiratory infections. One study found that elderberry could reduce the duration of flu symptoms by more than 50%.

* **Stress**

Elderberries may help lessen stress and improve mood.

* **Diuretic**

Elderberry leaves, flowers, berries, and bark have been used as a natural diuretic, which promotes urine production.

Other potential health benefits of elderberry include:

* Helping with constipation, joint and muscle pain, headaches, fever, kidney problems, epilepsy, and minor skin conditions.

**Agave**:

As a sugar alternative, Agave has additional health benefits derived from its nutrients and vitamins such as vitamin C, several B vitamins and minerals including potassium, calcium, and selenium. These nutrients are known to help your metabolism and support heart health.

**Lemons**: Move over orange, here comes Lemon. Extremely high in Vitamin C, plus potassium and Vitamin B6, Lemons have several health benefits that include supporting weight control, digestive health and heart health.

**Care instructions.**

Must be kept refrigerated between 32-36°F.

Refrigerate after opening. For the best quality and freshness, use within 5 days of opening. Natural juices products will settle and shake before serving.

**Clean & pure**

No preservatives, no artificial ingredients, no added sugar, no GMOs.

**Our promise**

Honestly sourced, freshly handcrafted, minimally processed.

Value –

1. Customer service- we understand you’re not only a blessing but a gift directly from God.
2. Accountability- Delivering our very best in all we do, holding ourselves accountable for result.
3. Cleanliness – It is almost as important to be clean as it is to be good. Cleanliness is next to Godliness.
4. Leadership- the courage to shape a better future.
5. Quality - what we do, we do well.
6. Passion – Committed in hearts and mind.
7. Integrity – we believe in respect, honesty and transparency.

**Mission – still working**

**Vision – To become the most trusted place for you and your family to break bread.**

**Slogan – still working**