



Kombucha Quick FAQ

- **What is Kombucha?**

Kombucha is a naturally carbonated health beverage made from tea, sugar and a starter culture. Once fermented for 7-14 days, this versatile & delicious "living tea" contains pro-biotics, vitamins and other enzymes that assist the body's metabolic and eliminative functions.

- **What are the health benefits of Kombucha?**

- ✓ Pro-biotics: puts healthy bacteria & yeast back into the body
- ✓ Detoxifies the liver (making it a great hangover cure)
- ✓ Alkalizes the blood
- ✓ Improves digestion – great for IBS suffers, constipation
- ✓ Repairs connective tissue – helps with arthritis, gout, asthma

- **How much Kombucha should I drink?**

Most people start with 4-8oz in the morning on an empty stomach then repeat after lunch. Follow each glass with water. Listen to your body & trust your instincts. If you crave more, drink more.

- **Who should drink Kombucha?**

Anybody who desires improved health! However, **those with otherwise compromised immune systems should consult their doctor** before consuming any type of pro-biotics. This includes young children and pregnant women.

- **Is Kombucha hard to make?**

No! If you can make a cup of tea, you can make Kombucha. All you need is a Starter Culture, Brew Now Kit or Continuous Brewer System from Kombucha Kamp.

www.KombuchaKamp.com