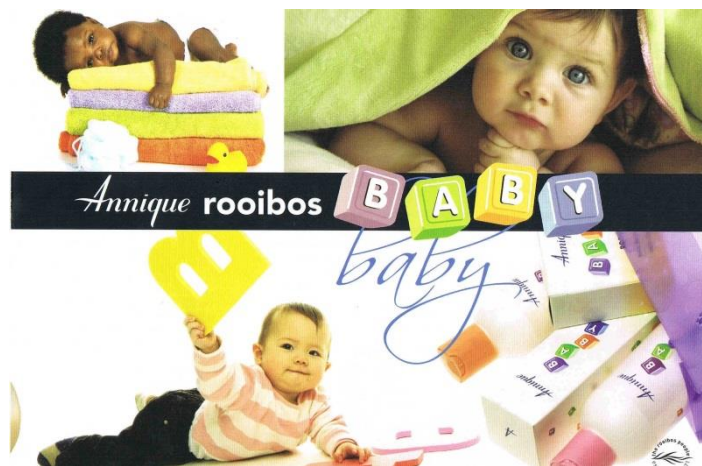


Baby Care



Question: What is in Annique Baby Rooibos tea

Iron (Fe) NB for transport of oxygen in the blood	0.07 mg
Potassium (K) NB for metabolic function	7.12 mg
Calcium (Ca) NB for strong teeth and bones	1.09 mg
Copper (Cu) NB for various metabolic processes	0.07 mg
Zinc (Zn) NB for normal growth and a healthy skin	0.04 mg
Magnesium (Mg) NB for metabolic processes and for bone growth and development	1.57 mg
Fluoride (F) NB for healthy teeth and bones *** Natural Fluoride NOT synthetic substitute	0.22 mg
Manganese (Mn) NB for a healthy nervous system and metabolic processes	0.04 mg
Sodium (Na) NB for fluid and acid-base balance	

Question: What product can I use when I change my baby's nappy?

Answer: Apply [Annique Resque Cream](#) to baby's bottom and inside skin folds after every nappy change to prevent and treat nappy rash. You can also use cool Rooibos tea without milk to wipe baby's bottom.

Question: What can I use for heat rash and baby pimples?

Answer: [Annique Baby Body Lotion](#) and [Annique Resque Cream](#) sort out most of baby's skin complaints.



Question: From what age can I give [Annique Baby Rooibos tea](#) to my baby?

Answer: [Dr Annique Theron](#) had great results through the years by giving Rooibos tea to even new born babies. Because Rooibos has a low tannin content, the tea will not deplete your baby's iron reserves. In fact, Baby Rooibos tea contains iron and other minerals that are needed to give baby a healthy start in life. **It is best to contact your Health Advisor if you want to give the tea to Babies younger than 6months.**

Question: How do I use Baby Rooibos tea with my baby's formula?

Answer:

1. Add 1 liter of boiling water to 2 bags of Baby Rooibos tea in a teapot or saucepan
2. Simmer for 20 minutes on the hob - keep the brew just under boiling point
3. Do not do this in the microwave as some of the antioxidants will be destroyed in the heating process
4. Pour tea into sterilised bottles; **replacing $\frac{2}{3}$ (two thirds) of the boiling water that you would normally use to prepare the formula**
5. Leave to cool
6. When it is time to feed baby; **add milk formula as prescribed on the tin and use $\frac{1}{3}$ boiled water to make up the rest of the bottle**

**** Baby Rooibos tea on its own does not replace baby's formula meals**

Question: How do I give [Baby Rooibos tea](#) my breastfed baby?

Answer: Offer approximately 25ml of unsweetened lukewarm Rooibos Baby tea in between feeds with a sterile syringe or dropper. It is also beneficial for Baby if the nursing mum drinks Rooibos tea.

Question: How do I give Baby Rooibos tea as a nutritional supplement to my older baby?

Answer:

- Pour boiling water on a tea bag and steep 5-10 minutes to develop the flavour
- Use with or without milk as preferred
- No sweetener is needed as the Tea has a naturally sweet taste

or

- Add the cold tea to fruit juice for a healthy drink when baby is thirsty
- Baby can enjoy our tea throughout the day and at bedtime

Question: What other Annique tea can my baby drink?

Answer:

Babies older than 6 months can drink [Green Rooibos tea](#) but do not boil the tea as you may do for Baby Rooibos tea.

How to Prepare Rooibos Baby Tea for older babies:

- Pour boiling water on a tea bag and steep 5-10 minutes to develop the flavour – For maximum benefit, bring the tea to the boil on the hob and leave for two or three minutes. Do not use a microwave
- Surplus tea can be kept in the refrigerator for up to 48 hours
- Use with or without milk as preferred
- No sweetener is needed as the Tea has a naturally sweet taste

Safe from six months old

Detox Tea – Rooibos with Ginger

Relax Tea - Rooibos with Wild Jasmin

Night Rest Tea – Rooibos with Lemon Balm

Colon Cleanse Tea – Rooibos with Senna

Preparation

Can be given mixed with Baby Rooibos Tea or mixed with formula preferably at night time. No sugar or milk required.

Safe from two years

Metabolism Tea – Rooibos with Fennel

Stomach Tea – Rooibos with Mint

Bladder and Kidney Tea – Rooibos with Buchu

Preparation

Can be given mixed with Baby Rooibos Tea or on its own throughout the day. Hot or cold, preferably black without sugar or milk