

Introduction

The human blood naturally contains glucose (sugar) which if it is in the right amount, provides the body's cells and organs with energy used for the body metabolism. The blood sugar is provided by foods and drinks ingested into the body system. The body secretes a hormone in the pancreas called insulin. Insulin helps to regulate the blood glucose level. When there is a problem with insulin production or it is produced in an inadequate amount the blood sugar level rises and this is called **hyperglycemia**. According to the American Diabetes Association, normal blood sugar level is between the range of 80-130 ml/dL.

Tea is one of the most popular beverages consumed daily, ranking second only to water. Teas can be made with water infusion of roots, leaves, flowers and other component parts of plant species. They contain a wealth of compounds that are of nutritional and health benefits to the human race. The preparations boost up immunity, keeps active, rejuvenates cells, relieves stress, fatigue and anxiety. Quite a number of food supplements and teas have been developed to maintain blood sugar in humans. Thus, Vantage Tea Blend is one of such teas.

What is Vantage Tea Blend?

Vantage tea blend is a tea that comes with a lot of health benefits such as blood pressure and blood sugar maintenance. It is made from some plant species that does not contain caffeine; therefore it is a non-caffeinated drink. The tea is a product of Naturevantage Health Resources Nigeria Limited. The company carefully selects its plant materials from various plantations all over the country, picking the most pure, safe and organic ones to give optimum health and life with meaning. The best production process is employed in the production of vantage tea blend to give it its uniqueness in terms of aroma, taste, colour and effectiveness.

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High blood pressure and high blood sugar are among the most popular health challenges faced by a large population of the world. Vantage tea blend is produced to provide solutions to these disorders.

Vantage tea blend ingredients

The tea is made from three different botanical extracts that are known to be medicinal and good for the health. It includes:

- 1) *Morus indica*
- 2) *Annona muricata*
- 3) *Persea americana*

Nutritional and phytochemical properties of the plants used.

***Morus indica*:** *Morus indica* popularly known as mulberry belongs to the Moraceae plant family. The leaf has a lot of culinary, medicinal and industrial applications. Mulberry leaves are commonly used as tea by the Asians. The leaves of *morus indica* are rich in polyphenol compounds as well as vitamin C, Zinc, Calcium, Iron, Potassium and Magnesium. It contains organic acids such as citric acid and malic acid. It may help lower blood sugar, cholesterol, and inflammation levels. These properties makes them useful for fighting heart diseases and diabetes.

***Annona muricata*:** It is rich in antioxidants such as tannin, saponins, flavonoids, cardiac glycosides, steroids and alkaloids which helps to break down kidney stones. These substances also help to relax blood vessels thereby increasing blood flow providing lower blood pressure.

***Persea americana*:** The leaves are high in antioxidants such as phytosterol, flavonoids, polyphenols, saponins, ascorbic acid which help neutralize harmful substances (free radicals) that can cause damage to the cells, relief oxidative stress. It also helps to regulate blood sugar and blood pressure. It possesses anti-inflammation properties. The presence of these phytochemicals in the leaf is a proof that it can be used as a food source.

Vantage tea blend benefits

Vantage tea blend provides several benefits when consumed properly and these include:

- regulation of blood sugar
- maintenance of good blood pressure
- general body health maintenance
- provision of antioxidants against free radicals in the body
- prevention of fibroid
- devoid of calorie free if taken without milk or sugar
- boosting of appetite
- promotion of healthy body cholesterol

How to use Vantage tea blend

Stated below are the steps required to prepare your vantage tea blend for maximum refreshment and health benefits:

Boil water in a kettle

After the water boils, put the vantage tea bag in a cup and pour the boiled water.

Leave the teabag in water for about 5-6 minutes and stir occasionally to achieve uniformity and also allows the taste and flavour to develop.

Usage: One tea bag daily

Storage: The tea should be stored in a cool dry place and protected from direct sunlight.

Shelf life: Vantage tea blend has a shelf life of two (2) years.

Side Effect: No side effect based on toxicological assessment

Conclusion

Herbal teas provide cost effective and enjoyable therapeutic options as alternatives to pharmacological treatments. Vantage Tea Blend tastes good, has nice packaging to keep it fresh. It refreshes the mind, relaxes the body and has been proven to significantly maintain blood sugars and blood pressures.

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