

# BELLA DULCE

## Chai in a Bottle

This premium boutique liquid extract contains organic, wild crafted spices from around the world and is bursting with sweet and spicy, aromatic nutrients. The spices of **Bella Dulce** aid digestion and benefit the kidneys, liver, and brain. They help with detoxification, contain antioxidants, and are anti-microbial and anti-pathogenic. These nutrients help keep the body healthy especially in cold, wintertime conditions. **Bella Dulce** helps improve one's overall energy and digestion.

Use in all types of desserts and snacks including ice cream, cakes, cookies, pies, puddings, fruit salads, yogurts, etc. It can be used in warm or cold beverages including green food drinks or water for a warming chai flavor, and cooked or raw food preparations such as porridge and chutneys. It is very versatile—so keep it on your kitchen counter.

### Ingredients

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**Cardamom** (seed, India): Has a slightly stimulating taste; it sweetens and oxygenates the breath; as an anti-acid, it improves digestion. Used throughout the Middle East in coffee. It improves circulation, and aids the kidneys. The lead ingredient in **Bella Dulce**, it can be sweet, spicy, pungent or savory.

**Cinnamon** (bark, Mexico): Widely popular, important spice with a well-known great flavor. Lots of studies show it helps with blood sugar balance. It is also an anti-microbial.

**Sarsaparilla** (root, Jamaica, Central America, Brazil): Used in a variety of desserts and beverages (soft naturally sweet aromatic nutrients. A good tonic for circulation and body balance, and a male rejuvenator. Helps with skin disorders as well.

**Vanilla** (pods, Bali): Very popular, a well-known flavor, used extensively in chocolates, candies, and desserts. Its complex flavor helps bring together all flavors. It relaxes nerves, lifts the spirits, and improves digestion.

**Ginger** (root, Hawaii): Has a warming, pungent quality, used in a wide variety of foods, drinks, tonics and recipes. Its strong medicinal benefits are well known for aiding digestion and circulation. Ginger is used in nausea and motion sickness preparations and provides anti-inflammatory activity. Its catalytic action helps as a carrier for other herbs, thus harmonizing the whole formula.

**Cloves** (Indonesia): An aromatic, pungent herb that helps digestion and keeps parasites in check.

**Nutmeg** (whole nuts dried, Indonesia): Has a warm, spicy, complex flavor, sweet and savory. It lowers blood sugar, boosts brain activity, and is high in calcium, magnesium and other minerals.

**Cacao** (nibs, Sun-dried, Dominica): Cacao has a great many varieties worldwide. Cacao beans are the basis for chocolate. A superfood in its own right, it is a powerhouse of nutrients, with well-known mood enhancing, mildly stimulating, aphrodisiac properties.

See our profile sheet on **Cacao, The Powerhouse**.

**Licorice** (root, India): Used in Chinese medicine, it harmonizes together disparate elements to provide natural sweetness. As an expectorant, it is found in throat and cough formulas.

**Stevia** (leaf, Paraguay): A potent herbal sweetener, it acts as a tonic. See our profile sheet on **Stevia**.

**Mace** (flowers, India): The sweet, spicy flowers that encase nutmeg. Mace adds a layer of complexity.

**Safflower** (petals, Turkey): Used to add aroma and color. Benefits circulation.

**Long pepper** (Thailand): Adds a spicy bite similar to black pepper. It has antimicrobial activity.

**Allspice** (Thailand): A warming spice.