

The term sumac is derived from Aramaic summaq, meaning dark red. *Rhus coriaria*, the variety of sumac used in Sumac-Surprise, has been used as a spice in cooking for centuries. Two thousand years ago, the Greek physician Dioscorides wrote in his voluminous *On Medical Matters* about the healthful properties of sumac.

Sumac contains phytochemicals in rich supplies that include gallic and tartaric acid, along with fisetin and dihydrofisten. It is also a top source of natural vitamin C, higher by weight even than citrus. With such a wide range of biological substances, it is no wonder that sumac has been the subject of considerable research. Yet, it is the ORAC value of Sumac-Surprise that is most significant. Each 2.75 oz container has an ORAC score of 23,200. All of these healthy antioxidants are incorporated into the best whole food tea: Sumac-Surprise.

Sumac-Surprise infusion tea is pure, wild power from sun-charged, wild sumac. The sumac berries collect the power of the sun to make their natural phytochemicals. That's why Sumac-Surprise has such a high ORAC value—over 500 per serving. Sumac has an ORAC score higher than any other berry.

ORAC scores per 100 grams

Sumac	29,000
Wild blueberry	13,400
Acai	5,500
Pomegranate	2,860

The wild, raw sumac is the Mediterranean type (*Rhus coriaria*). In this whole food tea, the entire sumac berry is used, even the omega-3-rich seed. When making the tea, the Native American squaws would never throw out the residue. Instead they reused it for stews and soups. Drink the tea with the pulverized residue of wild sumac and citrus that are from remote areas. Enjoy and respectfully never waste these powerful gifts from nature.

Directions: Add ½ teaspoon or more to a cup of just-boiled water. Let steep and stir, then filter if desired, or drink it whole. With whole food infusions there is no waste. Add raw honey, if desired. As a cool beverage, add two tablespoons per quart of water. Filter it and drink. It keeps very well if made in advance. Drink this antioxidant-rich infusion daily for better health.

Serving size: 1 teaspoon (2 grams). Servings per container: 40

Ingredients: Wild, Mediterranean sumac berries and wild, crushed citrus



To place an order: North American Herb & Spice, P.O. Box 4885, Buffalo Grove, IL 60089
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These statements have not been evaluated by the Food and Drug Administration.
This product is not intended to diagnose, treat, cure, or prevent any disease.