



# Revolution Tea Nutritional Information

*Açaí*  
**GREEN TEA**

Serving Size: 1 bag (2.20g)

NUTRIENTS	PER SERVING	PER 100G
Gram Weight (g)	2.20	100.00

Calories (kcal)	6.84	311.03
Fat (g)	0.10	4.71
Saturated Fat (g)	0.00	0.10
Trans Fatty Acid (g)	0	0
Cholesterol (mg)	0	0
Carbohydrates (g)	1.07	48.43
Total Sugars (g)	0.02	0.72
Dietary Fiber (g)	0.22	10.09
Protein (g)	0.57	25.77
Water (g)	0.16	7.32
Ash (g)	0.30	13.81

Vitamin A - IU (IU)	95.31	4332.45
Vitamin C (mg)	4.62	210.20

Sodium (mg)	1.24	56.21
Calcium (mg)	5.07	230.30
Iron (mg)	0.38	17.20

*Blackberry Jasmine*  
**OOLONG TEA**

Serving Size: 1 bag (2.21g)

NUTRIENTS	PER SERVING	PER 100G
Gram Weight (g)	2.21	100.00

Calories (kcal)	6.38	288.59
Fat (g)	0.08	3.60
Saturated Fat (g)	0.00	0.04
Trans Fatty Acid (g)	0	0
Cholesterol (mg)	0	0
Carbohydrates (g)	1.24	56.07
Total Sugars (g)	0	0
Dietary Fiber (g)	0.19	8.80
Protein (g)	0.53	23.81
Water (g)	0.24	11.06
Ash (g)	0.12	5.24

Vitamin A - IU (IU)	228.50	10333.50
Vitamin C (mg)	2.06	93.01

Sodium (mg)	1.11	50.07
Calcium (mg)	6.36	287.52
Iron (mg)	0.48	21.52

*Dragon Eye*  
**OOLONG TEA**

Serving Size: 1 bag (2.0g)

NUTRIENTS	PER SERVING	PER 100G
Gram Weight (g)	2.00	100.00

Calories (kcal)	6.13	306.39
Fat (g)	0.08	3.75
Saturated Fat (g)	0.01	0.29
Trans Fatty Acid (g)	0	0
Cholesterol (mg)	0	0
Carbohydrates (g)	1.17	58.38
Total Sugars (g)	0.01	0.60
Dietary Fiber (g)	0.20	10.07
Protein (g)	0.49	24.74
Water (g)	0.15	7.63
Ash (g)	0.11	5.50

Vitamin A - IU (IU)	176.69	8834.38
Vitamin C (mg)	2.19	109.29

Sodium (mg)	1.30	65.05
Calcium (mg)	5.80	289.96
Iron (mg)	0.39	19.71

*Earl Grey Lavender*  
**BLACK TEA**

Serving Size: 1 bag (2.21g)

NUTRIENTS	PER SERVING	PER 100G
Gram Weight (g)	2.21	100.00

Calories (kcal)	6.63	299.79
Fat (g)	0.12	5.24
Saturated Fat (g)	0.05	2.16
Trans Fatty Acid (g)	0	0.01
Cholesterol (mg)	0	0
Carbohydrates (g)	1.43	64.46
Total Sugars (g)	0.08	3.40
Dietary Fiber (g)	0.39	17.49
Protein (g)	0.38	17.29
Water (g)	0.18	8.06
Ash (g)	0.11	4.95

Vitamin A - IU (IU)	62.05	2805.98
Vitamin C (mg)	0.16	7.16

Sodium (mg)	1.13	51.01
Calcium (mg)	8.59	388.62
Iron (mg)	0.38	17.34

*Bombay Chai*  
**BLACK TEA**

Serving Size: 1 bag (2.21g)

NUTRIENTS	PER SERVING	PER 100G
Gram Weight (g)	2.21	100.00

Calories (kcal)	6.63	299.79
Fat (g)	0.12	5.24
Saturated Fat (g)	0.05	2.16
Trans Fatty Acid (g)	0	0.01
Cholesterol (mg)	0	0
Carbohydrates (g)	1.43	64.46
Total Sugars (g)	0.08	3.40
Dietary Fiber (g)	0.39	17.49
Protein (g)	0.38	17.29
Water (g)	0.18	8.06
Ash (g)	0.11	4.95

Vitamin A - IU (IU)	62.05	2805.98
Vitamin C (mg)	0.16	7.16

Sodium (mg)	1.13	51.01
Calcium (mg)	8.59	399.62
Iron (mg)	0.38	17.34

*Citrus Spice*  
**HERBAL TEA**

Serving Size: 1 bag (1.85g)

NUTRIENTS	PER SERVING	PER 100G
Gram Weight (g)	1.85	100.00

Calories (kcal)	5.26	284.45
Fat (g)	0.03	1.77
Saturated Fat (g)	0.01	0.54
Trans Fatty Acid (g)	0	0.02
Cholesterol (mg)	0	0
Carbohydrates (g)	1.42	76.65
Total Sugars (g)	0.10	5.45
Dietary Fiber (g)	0.45	24.29
Protein (g)	0.09	4.74
Water (g)	0.20	10.66
Ash (g)	0.07	4.00

Vitamin A - IU (IU)	12.69	685.97
Vitamin C (mg)	3.78	204.53

Sodium (mg)	3.64	196.64
Calcium (mg)	9.60	519.09
Iron (mg)	0.23	12.56

*English Breakfast*  
**BLACK TEA**

Serving Size: 1 bag (2.20g)

NUTRIENTS	PER SERVING	PER 100G
Gram Weight (g)	2.2	100.00

Calories (kcal)	6.45	293.00
Fat (g)	0.06	2.80
Saturated Fat (g)	0	0
Trans Fatty Acid (g)	0	0
Cholesterol (mg)	0	0
Carbohydrates (g)	1.29	58.80
Total Sugars (g)	0	0
Dietary Fiber (g)	0.19	8.70
Protein (g)	0.54	24.50
Water (g)	0.18	8.00
Ash (g)	0.13	5.90

Vitamin A - IU (IU)	99.00	4500.00
Vitamin C (mg)	0.20	9.00

Sodium (mg)	1.10	50.00
Calcium (mg)	7.19	327.00
Iron (mg)	0.53	24.30

*Golden Chamomile*  
**HERBAL TEA**

Serving Size: 1 bag (1.65g)

NUTRIENTS	PER SERVING	PER 100G
Gram Weight (g)	1.65	100.00

Calories (kcal)	5.81	352.06
Fat (g)	0.07	4.43
Saturated Fat (g)	0.07	4.43
Trans Fatty Acid (g)	0	0
Cholesterol (mg)	0	0
Carbohydrates (g)	1.02	61.58
Total Sugars (g)	0.17	10.00
Dietary Fiber (g)	0.51	31.04
Protein (g)	0.27	16.47
Water (g)	0.14	8.39
Ash (g)	0.15	9.13

Vitamin A - IU (IU)	300.45	18209.32
Vitamin C (mg)	0.26	16.04

Sodium (mg)	3.81	230.99
Calcium (mg)	16.72	1013.26
Iron (mg)	0.05	3.11

*Honeybush Caramel*  
**HERBAL TEA**

Serving Size: 1 bag (2.0g)

NUTRIENTS	PER SERVING	PER 100G
Gram Weight (g)	2.00	100.00
Calories (kcal)	6.32	315.89
Fat (g)	0.03	1.55
Saturated Fat (g)	0.00	0.10
Trans Fatty Acid (g)	0	0
Cholesterol (mg)	0	0
Carbohydrates (g)	1.61	80.36
Total Sugars (g)	0.00	0.21
Dietary Fiber (g)	0.18	8.78
Protein (g)	0.11	5.67
Water (g)	0.20	9.96
Ash (g)	0.05	2.51
Vitamin A - IU (IU)	2.87	143.26
Vitamin C (mg)	0.22	10.85
Sodium (mg)	0.10	5.15
Calcium (mg)	2.78	139.09
Iron (mg)	0.90	44.89

*Orange Chocolate*  
**GREEN TEA**

Serving Size: 1 bag (2.21g)

NUTRIENTS	PER SERVING	PER 100G
Gram Weight (g)	2.21	100.00
Calories (kcal)	7.11	321.50
Fat (g)	0.16	7.02
Saturated Fat (g)	0.05	2.30
Trans Fatty Acid (g)	0	0
Cholesterol (mg)	0	0
Carbohydrates (g)	1.24	55.87
Total Sugars (g)	0.06	2.80
Dietary Fiber (g)	0.24	10.64
Protein (g)	0.50	22.63
Water (g)	0.20	9.23
Ash (g)	0.12	5.21
Vitamin A - IU (IU)	219.93	9946.00
Vitamin C (mg)	3.61	163.44
Sodium (mg)	1.20	54.10
Calcium (mg)	4.50	203.67
Iron (mg)	0.39	17.77

*Oolong Island*  
**OOLONG TEA**

Serving Size: 1 bag (2.0g)

NUTRIENTS	PER SERVING	PER 100G
Gram Weight (g)	2.00	100.00
Calories (kcal)	5.93	296.50
Fat (g)	0.08	3.80
Saturated Fat (g)	0	0
Trans Fatty Acid (g)	0	0
Cholesterol (mg)	0	0
Carbohydrates (g)	1.12	56.20
Total Sugars (g)	0	0
Dietary Fiber (g)	0.18	9.15
Protein (g)	0.53	28.30
Water (g)	0.16	7.85
Ash (g)	0.12	5.75
Vitamin A - IU (IU)	185.00	9250.00
Vitamin C (mg)	2.39	119.50
Sodium (mg)	1.10	55.00
Calcium (mg)	5.72	286.00
Iron (mg)	0.43	21.60

*Peach Mango*  
**GREEN TEA**

Serving Size: 1 bag (2.21g)

NUTRIENTS	PER SERVING	PER 100G
Gram Weight (g)	2.21	100.00
Calories (kcal)	7.01	316.88
Fat (g)	0.10	4.37
Saturated Fat (g)	0.01	0.45
Trans Fatty Acid (g)	0	0
Cholesterol (mg)	0	0
Carbohydrates (g)	1.31	59.28
Total Sugars (g)	0.02	0.92
Dietary Fiber (g)	0.23	10.50
Protein (g)	0.54	24.20
Water (g)	0.16	7.17
Ash (g)	0.11	4.98
Vitamin A - IU (IU)	266.87	12068.62
Vitamin C (mg)	4.17	188.62
Sodium (mg)	1.59	71.97
Calcium (mg)	5.43	245.55
Iron (mg)	0.34	15.52

*Organic*  
**GREEN TEA**

Serving Size: 1 bag (2.21g)

NUTRIENTS	PER SERVING	PER 100G
Gram Weight (g)	2.21	100.00
Calories (kcal)	6.63	300.00
Fat (g)	0.11	4.80
Saturated Fat (g)	0	0
Trans Fatty Acid (g)	0	0
Cholesterol (mg)	0	0
Carbohydrates (g)	1.19	53.60
Total Sugars (g)	0	0
Dietary Fiber (g)	0.21	9.60
Protein (g)	0.63	28.30
Water (g)	0.17	7.70
Ash (g)	0.12	5.60
Vitamin A - IU (IU)	309.58	14000.00
Vitamin C (mg)	5.09	230.00
Sodium (mg)	1.13	60.00
Calcium (mg)	5.42	245.00
Iron (mg)	0.42	18.90

*Organic Earl Grey*  
**GREEN TEA**

Serving Size: 1 bag (2.20g)

NUTRIENTS	PER SERVING	PER 100G
Gram Weight (g)	2.20	100.00
Calories (kcal)	6.59	299.41
Fat (g)	0.10	4.57
Saturated Fat (g)	0	0
Trans Fatty Acid (g)	0	0
Cholesterol (mg)	0	0
Carbohydrates (g)	0.93	42.45
Total Sugars (g)	0.01	0.63
Dietary Fiber (g)	0.20	9.12
Protein (g)	0.59	26.90
Water (g)	0.22	9.92
Ash (g)	0.32	14.46
Vitamin A - IU (IU)	94.10	4277.23
Vitamin C (mg)	4.81	218.61
Sodium (mg)	1.26	57.48
Calcium (mg)	5.14	233.42
Iron (mg)	0.40	17.97

*Pear*  
**WHITE TEA**

Serving Size: 1 bag (1.65g)

NUTRIENTS	PER SERVING	PER 100G
Gram Weight (g)	1.65	100.00
Calories (kcal)	5.35	324.30
Fat (g)	0.00	0.18
Saturated Fat (g)	0.00	0.05
Trans Fatty Acid (g)	0	0
Cholesterol (mg)	0	0
Carbohydrates (g)	1.01	61.13
Total Sugars (g)	0.09	5.20
Dietary Fiber (g)	0.13	7.99
Protein (g)	0.31	19.00
Water (g)	0.08	4.80
Ash (g)	0.25	15.08
Vitamin A - IU (IU)	0	0
Vitamin C (mg)	0	0
Sodium (mg)	1.12	67.68
Calcium (mg)	1.83	110.92
Iron (mg)	0.04	2.12

*Pomegranate*  
**WHITE TEA**

Serving Size: 1 bag (2.20g)

NUTRIENTS	PER SERVING	PER 100G
Gram Weight (g)	2.20	100.00
Calories (kcal)	7.26	330.18
Fat (g)	0.01	0.47
Saturated Fat (g)	0.01	0.35
Trans Fatty Acid (g)	0	0
Cholesterol (mg)	0	0
Carbohydrates (g)	1.38	62.80
Total Sugars (g)	0.15	6.73
Dietary Fiber (g)	0.25	11.37
Protein (g)	0.40	18.07
Water (g)	0.11	4.99
Ash (g)	0.30	13.83
Vitamin A - IU (IU)	20.32	923.52
Vitamin C (mg)	1.35	61.40
Sodium (mg)	11.24	510.84
Calcium (mg)	3.92	178.36
Iron (mg)	0.04	1.87

**Raspberry  
BLACK TEA**

Serving Size: 1 bag (2.21g)

NUTRIENTS	PER SERVING	PER 100G
Gram Weight (g)	2.21	100.00
Calories (kcal)	6.46	2.92.24
Fat (g)	0.06	2.93
Saturated Fat (g)	0.01	0.39
Trans Fatty Acid (g)	0	0
Cholesterol (mg)	0	0
Carbohydrates (g)	1.30	58.74
Total Sugars (g)	0.04	1.93
Dietary Fiber (g)	0.21	9.52
Protein (g)	0.49	21.94
Water (g)	0.24	10.69
Ash (g)	0.12	5.57
Vitamin A - IU (IU)	103.81	4694.42
Vitamin C (mg)	0.25	11.24
Sodium (mg)	1.10	49.78
Calcium (mg)	8.23	372.17
Iron (mg)	0.47	21.34

**Southern Mint  
HERBAL TEA**

Serving Size: 1 bag (1.65g)

NUTRIENTS	PER SERVING	PER 100G
Gram Weight (g)	1.65	100.00
Calories (kcal)	5.76	349.00
Fat (g)	0.09	5.30
Saturated Fat (g)	0.09	5.30
Trans Fatty Acid (g)	0	0
Cholesterol (mg)	0	0
Carbohydrates (g)	0.86	52.30
Total Sugars (g)	0.16	10.00
Dietary Fiber (g)	0.48	29.00
Protein (g)	0.38	23.00
Water (g)	0.11	6.50
Ash (g)	0.21	12.90
Vitamin A - IU (IU)	607.33	36808.00
Vitamin C (mg)	0.23	14.00
Sodium (mg)	3.40	206.00
Calcium (mg)	24.07	1459.00
Iron (mg)	0.09	5.20

**Tropical  
GREEN TEA**

Serving Size: 1 bag (2.20g)

NUTRIENTS	PER SERVING	PER 100G
Gram Weight (g)	2.20	100.00
Calories (kcal)	6.81	309.54
Fat (g)	0.09	4.24
Saturated Fat (g)	0.00	0.11
Trans Fatty Acid (g)	0	0
Cholesterol (mg)	0	0
Carbohydrates (g)	1.34	60.72
Total Sugars (g)	0.02	0.74
Dietary Fiber (g)	0.23	10.33
Protein (g)	0.51	23.12
Water (g)	0.16	7.42
Ash (g)	0.10	4.53
Vitamin A - IU (IU)	251.88	11449.28
Vitamin C (mg)	5.20	236.15
Sodium (mg)	1.11	50.56
Calcium (mg)	5.81	264.26
Iron (mg)	0.34	15.35

**Tangerine  
WHITE TEA**

Serving Size: 1 bag (2.30g)

NUTRIENTS	PER SERVING	PER 100G
Gram Weight (g)	2.30	100.00
Calories (kcal)	7.10	308.83
Fat (g)	0.00	0.22
Saturated Fat (g)	0.00	0.05
Trans Fatty Acid (g)	0	0
Cholesterol (mg)	0	0
Carbohydrates (g)	1.40	60.92
Total Sugars (g)	0.17	7.31
Dietary Fiber (g)	0.19	8.42
Protein (g)	0.42	18.05
Water (g)	0.16	6.98
Ash (g)	0.32	14.00
Vitamin A - IU (IU)	2.64	114.80
Vitamin C (mg)	0.86	37.18
Sodium (mg)	1.58	68.71
Calcium (mg)	3.43	149.23
Iron (mg)	0.05	2.23

**Sweet Ginger Peach  
BLACK TEA**

Serving Size: 1 bag (1.60g)

NUTRIENTS	PER SERVING	PER 100G
Gram Weight (g)	1.60	100.00
Calories (kcal)	4.86	303.44
Fat (g)	0.04	2.80
Saturated Fat (g)	0.00	0.21
Trans Fatty Acid (g)	0	0
Cholesterol (mg)	0	0
Carbohydrates (g)	0.98	61.47
Total Sugars (g)	0.00	0.27
Dietary Fiber (g)	0.14	8.78
Protein (g)	0.36	22.28
Water (g)	0.13	7.84
Ash (g)	0.09	5.61
Vitamin A - IU (IU)	63.40	3962.40
Vitamin C (mg)	0.13	7.98
Sodium (mg)	0.74	46.16
Calcium (mg)	4.75	296.88
Iron (mg)	0.37	22.97

**Sweet Ginger Peach  
DECAF BLACK TEA**

Serving Size: 1 bag (1.60g)

NUTRIENTS	PER SERVING	PER 100G
Gram Weight (g)	1.60	100.00
Calories (kcal)	5.16	322.80
Fat (g)	0.01	0.34
Saturated Fat (g)	0.00	0.21
Trans Fatty Acid (g)	0	0
Cholesterol (mg)	0	0
Carbohydrates (g)	0.98	61.34
Total Sugars (g)	0.08	5.14
Dietary Fiber (g)	0.14	8.61
Protein (g)	0.30	18.50
Water (g)	0.08	5.28
Ash (g)	0.23	14.53
Vitamin A - IU (IU)	0.04	2.40
Vitamin C (mg)	0.00	0.06
Sodium (mg)	1.05	65.52
Calcium (mg)	1.81	112.96
Iron (mg)	0.06	3.57





**Item: 52-2100 Peach Mango Black Tea, 1.0 gallon**

<b>Nutrition Facts</b>	
Serving Size (oz)	8
Calories	61
Calories from Fat	0
Total Fat	0g
Saturated Fat	0g
Trans Fat	0g
Cholesterol	0g
Sodium	<1% DV
Total Carbohydrate	11g
Dietary Fiber	0
Sugars	10g
Protein	0g
Caffeine	18mg

QA Signature:

*Joann Watkins*

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Revolutiontea.com



**Item: 52-8000 Classic Sweetened Iced, 1.0-gallon**

<b>Nutrition Facts</b>	
Serving Size (oz)	8
Calories	80
Calories from Fat	0
Total Fat	0g
Saturated Fat	0g
Trans Fat	0g
Cholesterol	0g
Sodium	<1% DV
Total Carbohydrate	19g
Dietary Fiber	0
Sugars	19g
Protein	0g
Caffeine	<1mg

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**Item: 52-4000 Golden Peach, 1.0 gallon**

<b>Nutrition Facts</b>	
Serving Size (oz)	8
Calories	54
Calories from Fat	0
Total Fat	0g
Saturated Fat	0g
Trans Fat	0g
Cholesterol	0g
Sodium	<1% DV
Total Carbohydrate	10g
Dietary Fiber	0
Sugars	9g
Protein	0g
Caffeine	2mg

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**Item: 52-5200 Raspberry Black Tea, 1.0 gallon**

<b>Nutrition Facts</b>	
Serving Size (oz)	8
Calories	61
Calories from Fat	0
Total Fat	0g
Saturated Fat	0g
Trans Fat	0g
Cholesterol	0g
Sodium	<1% DV
Total Carbohydrate	11g
Dietary Fiber	0
Sugars	10g
Protein	0g
Caffeine	15mg

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**Item: 52-5000 Classic Iced, 1.0-gallon**

<b>Nutrition Facts</b>	
Serving Size (oz)	8
Calories	0
Calories from Fat	0
Total Fat	0g
Saturated Fat	0g
Trans Fat	0g
Cholesterol	0g
Sodium	<1% DV
Total Carbohydrate	0g
Dietary Fiber	0
Sugars	0g
Protein	0g
Caffeine	<1mg

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