



**runa**  
AMAZON GUAYUSA



## Guayusa (why - YOU- sah)

Balanced Energy from the Amazon

For thousands of years communities throughout the Amazon have cultivated the guayusa leaf for a natural, delicious source of energy and nutrition. Treasured for its unique balance of caffeine, antioxidants, vitamins and amino acids guayusa continues to be the center of morning rituals throughout the Amazon. Every harvest, local farmers handpick guayusa leaves from the rich soil under the canopy of the Amazon rainforest.



- ☼ **Balanced Energy**
- ☼ **Smooth Flavor**
- ☼ **Amazonian Tradition**

### Caffeine Comparison

Coffee	(120mg)
Guayusa	(90mg)
Yerba Mate	(70mg)
Black Tea	(50mg)
Green Tea	(35mg)

\* Average milligram caffeine per 8 ounce cup or equivalent

### Antioxidant Comparison

Guayusa	(1950)
Green Tea	(1200)

\*ORAC values for 1 cup

Call us today at 1-800-485-3803  
or email us at [info@runa.org](mailto:info@runa.org)

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# why you so happy?

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### **Traditional Guayusa**

Guayusa is smooth and rich, with a hint of sweetness. Known for its stimulating effects, indigenous hunters drink guayusa to sharpen their instincts. They call it the “Night Watchman” because it helps them stay awake and alert all night.



### **Ginger Citrus Guayusa**

Guayusa wakes you up, while the ginger soothes the nerves. We add orange peel to leave a zesty finish.



### **Guayusa Spice**

Runa’s signature blend combines rich, invigorating guayusa with full-bodied cinnamon and a sweet aromatic lemongrass.



### **Peppermint Guayusa**

Runa’s refreshing mint unites the smooth taste and energizing power of guayusa with a crisp and rejuvenating organic peppermint.

FLAVOR	PRODUCT	UPC	UNIT SIZE (D*W*H)	UNITS / CASE	CASE DIMENSIONS (D*W*H) IN	CASE WEIGHT LB
Traditional Guayusa	1lb Loose Leaf Pouch	8 57732 00209 9	3.74 X 5.31 X 14.96	5	9.25 X 8.88 X 3.75	6
Ginger Citrus Guayusa	1lb Loose Leaf Pouch	8 57732 00211 2	3.74 X 5.31 X 14.96	5	9.25 X 8.88 X 3.75	6
Guayusa Spice	1lb Loose Leaf Pouch	8 57732 00210 5	3.74 X 5.31 X 14.96	5	9.25 X 8.88 X 3.75	6
Peppermint Guayusa	1lb Loose Leaf Pouch	8 57732 00208 2	3.74 X 5.31 X 14.96	5	9.25 X 8.88 X 3.75	6
Traditional Guayusa	2oz Loose Leaf Pouch	8 57732 00204 4	3.14 X 5.12 X 8.07	12	9.25 X 8.88 X 3.75	2
Ginger Citrus Guayusa	2oz Loose Leaf Pouch	8 57732 00206 8	3.14 X 5.12 X 8.07	12	9.25 X 8.88 X 3.75	2
Guayusa Spice	2oz Loose Leaf Pouch	8 57732 00205 1	3.14 X 5.12 X 8.07	12	9.25 X 8.88 X 3.75	2
Peppermint Guayusa	2oz Loose Leaf Pouch	8 57732 00207 5	3.14 X 5.12 X 8.07	12	9.25 X 8.88 X 3.75	2
Traditional Guayusa	Retail Tea Box with 15 pyramid infusers	8 57732 00200 6	4.33 x 3.74 x 4.72	6	12.5 X 9.25 X 5.75	1.2
Ginger Citrus Guayusa	Retail Tea Box with 15 pyramid infusers	8 57732 00202 0	4.33 x 3.74 x 4.72	6	12.5 X 9.25 X 5.75	1.2
Guayusa Spice	Retail Tea Box with 15 pyramid infusers	8 57732 00203 7	4.33 x 3.74 x 4.72	6	12.5 X 9.25 X 5.75	1.2
Peppermint Guayusa	Retail Tea Box with 15 pyramid infusers	8 57732 00201 3	4.33 x 3.74 x 4.72	6	12.5 X 9.25 X 5.75	1.2

