

BYE-BYE SUGAR

HELLO TASTE!



EN



AT-BIO-301
EU/Non-EU
Agriculture

INTRODUCING

nosuga

For those who care.

nosuga is a sugar-free iced tea — pure, plant-based, and refreshing.

Fine tea, fruits & herbs with natural sweetness for full flavor and hardly any calories.

No compromises.



**NO TO
SUGAR!**

nosuga means:

- ✓ Organic. Sugar-free. Full flavor.
- ✓ No artificial sweeteners
- ✓ No added colors
- ✓ Vegan



THE MIX MAKES THE DIFFERENCE



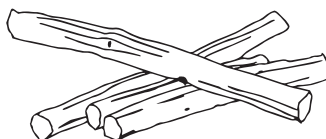
nosuga's sweetness comes exclusively from plant-based ingredients: stevia leaves, sweet blackberry leaves and licorice root – all organic.

STEVIA LEAF



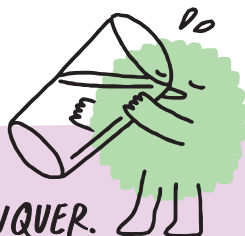
**SWEET
BLACKBERRY LEAF**

LICORICE ROOT



Brewed together, these herbs and roots add a subtle, natural sweetness to every sip – no sugar, no artificial sweeteners.

Light. Refreshing. Real.



DRINK. THINK. CONQUER.



PEACH & BLACK TEA

Aromatic peach meets strong, slightly bitter black tea – a perfect pairing with real character.

NET VOLUME: 500 ml

PIECES PER TRAY: 8 x 500 ml

ITEM NUMBER: 826001

SINGLE-ITEM GTIN



HIBISCUS & BLUEBERRY

Floral hibiscus blends with fruity blueberry – rich, full-bodied and aromatic.

NET VOLUME: 500 ml

PIECES PER TRAY: 8 x 500 ml

ITEM NUMBER: 826002

SINGLE-ITEM GTIN





ELDERFLOWER & LEMON BALM

Floral elderflower meets refreshing lemon balm – a relaxing duo with style. Simple. Honest. Delicate.

NET VOLUME: 500 ml

PIECES PER TRAY: 8 x 500 ml

ITEM NUMBER: 826003

SINGLE-ITEM GTIN



GREEN TEA, LEMON & MINT

The all-rounder combo: lemon for the punch, mint for the cool. Refreshing. Sparkling. Cool.

NET VOLUME: 500 ml

PIECES PER TRAY: 8 x 500 ml

ITEM NUMBER: 826004

SINGLE-ITEM GTIN



MORE THAN JUST A DRINK



nosuga guides you on your journey to a more mindful life – making everyday living lighter. Small choices make all the difference – for balance and well-being.

HEALTHY LIVING, SIP BY SIP.

ARE YOU DRINKING ENOUGH?

1.5–2 liters of water a day keep you feeling fit – and a bit more is great during exercise or heat.

Start with a large glass of lukewarm water to gently get you going. Then have a big bottle of water ready for the day!



Small rituals help: mindful drinking breaks, little reminders on your screen, a hydration journal (mark a line for each glass you drink), or mindful sips (take three deep breaths before each sip – connecting body and mind).

Unsweetened teas add variety!

This way, you'll feel vital and balanced all day long.



1.5–2 LITERS OF WATER A DAY!

GRAVINGS? WHAT NOW?

Drinking helps here, too!

A glass of water or tea fills your stomach and can temporarily reduce the feeling of hunger.



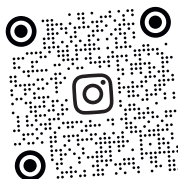
Distraction works: movement, fresh air, or a short walk help, because cravings are often just a signal for tiredness or boredom – usually gone after about 15 minutes.

Other tricks: brushing your teeth or a fresh minty scent can change how your brain perceives sweetness and curb the craving. Aromas, strong scents, or fragrant creams gently redirect the senses.

Just give it a try!

**NO TO SUGAR!
YES TO DISTRACTION!**

DISCOVER MORE TIPS
& INFORMATION
HERE.



WWW.NOSUGA.DE





SIP & CELEBRATE!

MINTY SPARK

Ingredients

150 ml nosuga Lemon & Mint Iced Tea

75 ml Prosecco

1 tsp fresh lemon juice

Ice cubes

Mint leaves and a slice of lemon



Mix the iced tea with lemon juice and ice cubes thoroughly, then add the Prosecco at the end to preserve the bubbles. Garnish with mint and lemon.

Enjoy – sparkling, refreshing and light.
Cheers!

✉ hello@nosuga.de

🌐 nosuga.de

📷 @nosuga.de

🎵 @nosuga.de

Bad Heilbrunner Naturheilmittel GmbH & Co. KG
Am Krebsenbach 5-7 • 83670 Bad Heilbrunn
Germany

**no
suga** SUGAR-FREE
FULL OF FLAVOR