



Blue Butterfly Pea Vine - scientific name- *Clitoria ternatea*

Blue butterfly pea vine is noted for its bright blue edible flowers that have a shape similar to female genitalia from which it derives its scientific name. Aside from its many culinary uses, the blue butterfly pea vine has been used in Ayurveda as well as traditional Asian and Middle Eastern medicine and its health benefits are increasingly supported by modern science.

Health Benefits:

- Nootropic – enhances cognitive functions including heightening intelligence and enhancing memory via acetylcholine localized to the hippocampus
- Anxiolytic – reduces stress and anxiety – calming effect
- Relaxes smooth vascular muscle aiding blood flow
- Analgesic – helps to relieve pain to the extent it is used as a local anesthetic
- Diuretic – promotes excretion of water (urination) which decreases blood volume thereby lowering high blood pressure, also used for fast but typically temporary weight loss
- Anti-inflammatory – the deep blue flowers contain flavonoid pigments similar to blue berries, acai berry, mangosteen rind etc. that protect the plant. When you inject the flower the effect is remarkably similar to the anti-inflammatory effect of the plant in nature.
- Anti-Asthmatic: assessed by passive cutaneous anaphylaxis
- Anti-microbial
- Anti-anxiety and depression with indication that high doses may be adaptogenic
- Anti-convulsant
- Anti-diabetic activity by inhibiting glucose intake from the diet
- Anti-cancer and anti-tumor abilities resulting from cyclotides that cause cell death by disrupting cell membrane integrity
- Anti-pyretic –reduces fever by dilating the blood vessels just beneath the skin which increases blood flow near the surface of the skin where it can be more easily cooled by the air

Eyes: The presence of the anti-oxidant, proanthocyanidin, helps to improve eyesight by increasing blood flow in the capillaries of the eyes which also allows the eyes to adjust to changes in light and improves vision. The blue butterfly pea vine flowers have been shown to effectively prevent cataracts and glaucoma, correct blurred vision, and reverse retinal damage as well as soothing inflamed and tearing eyes.

Hair: The blue butterfly vine flower, rich in bioflavonoids, has been used traditionally to promote hair growth, thicken the hair and reduce greying of the hair.

Skin: Anti-oxidants in blue butterfly pea flower stimulate collagen and elastin synthesis helping to rejuvenate the skin, reduce wrinkles and other effects of aging skin.

Aphrodisiac: traditionally used as an aphrodisiac particularly for women and used to treat problems associated with menstruation as well as leucorrhoea (white vaginal discharge).

Healthy Convenience: Thai Freeze Dry's blue butterfly pea vine tea is unique. Normally, if you can find this tea at all, it will be in the form of dried tea leaves with flowers. You will brew the tea and then throw away the leaves and flowers, drinking only the mildly infused water. You've just kept the bath water and thrown away the baby!

In this case you do not need to brew tea. This makes the product more convenient, more dramatic (you can mix it at the table and watch the water turn blue), and avoids the heat of brewing the tea which will decrease the quality of the ingredients. You can add just a pinch of our Cellular Fraction-Line ^{CF} activated powder to either hot or cold water (even ice water) and the fine powder with porous particle structure will dissolve in the water with mild stirring to produce a beautiful bright blue tea. Keep in mind that in this case you are not throwing out the leaves and flowers, you are ingesting them. Thai Freeze Dry's blue butterfly pea vine tea is similar to matcha tea in the sense that you are eating the leaves (and flowers).

This provides a concentrated dose requiring only a very small quantity of powder and provides the benefits of this amazing plant in concentrated form. In this concentration the cost per serving is very reasonable. In this stable dry powder with shelf life of two years, you have availability of the highest quality all year round regardless of the growing season.

Fun: You can watch the water turning a bright blue in front of your eyes. If you add a touch of lemon or lime juice the color turns from bright blue to deep purple. This is even more fun as the tea changes color before your eyes.

Keep in mind the scientific name due to the uncanny resemblance of the blue butterfly pea vine flowers to the female genitalia and you have a wealth of material for the marketing gurus to exploit. Not only is the blue butterfly great on its own, but it also can act as a great base for mixed drinks.

Cellular Fraction-Line Technology ^{CF} -Well Preserved: Sun dried tea takes a long time to dry and may be subject to contamination as it is exposed to the sun. Sun drying results in about 10% moisture content which presents the possibility of developing mold. Time is our enemy. As soon as this plant is removed from its life cycle (harvested) it naturally begins to degrade.

Oven dried tea exposes the tea to excessive heat, the negative effects of which on its thermo-sensitive vital ingredients are well known.

Thai Freeze Dry dries the freshly harvested tea grown at our doorstep immediately upon harvest. This results in a highly bioactive product with a moisture level typically under 3% making it a stable product that will not mold or degrade. Freeze drying is the best way to preserve the value of the flowers and leaves of the blue butterfly pea vine and Cellular Fraction-Line Technology ^{CF} is miles ahead of conventional freeze drying in terms of sustaining the synergistic intelligent cellular and molecular structure of the plant as closely as possible to how it exists in nature. For detailed information regarding Thai Freeze Dry's proprietary Cellular Fraction-Line Technology ^{CF} please refer to our website: www.thaifreezedry.com.

Scientific Support & Reference Citations

References <http://examine.com/supplements/clitoria-ternatea/> lists 22 scientific references which provide support for the benefits of Clitoria ternatea:

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