



The book, 'Tea & Your Health'

'Tea & Your Health' co-authored by Dr Tissa Amarakoon and Prof Robert F Grimble, with the support of Dilmah was launched at Dilmah t-Lounge in Chatham Street. The book enlightens society on the scientifically proven health benefits in tea. Tea & Your Health, is a commemorative offering by Dilmah to mark the milestone 150th Anniversary of Ceylon Tea as well as the 30th anniversary of Dilmah.



(L-R): Dr Tissa Amarakoon presents a copy of the book to Merrill J Fernando, Founder, Dilmah and Rohan Pethiyagoda, Chairman, Sri Lanka Tea Board

The philosophy of Dilmah is to share its success story with the community as well as knowledge of experts with the general public through publications. The book is thus a fulfillment of the brand ideology.