

HERBAL TEA DESCRIPTIONS

Adrenal Support	<p>Contents: Chaga Mushrooms, Cinnamon, Reishi Mushrooms, Astragalus, Eleuthero, Fennel, Ginger</p> <p>Description: An excellent tonic for managing stress and rejuvenating the adrenal glands, yet not overly stimulating.</p> <p>Taste: Earthy, Spicy, Sweet</p> <p>Herbal Actions: Digestive, Immunity, Nervine, Tonic</p>
Balance Blend	<p>Contents: Tulsi (Holy Basil), Peppermint, Cinnamon, Cardamon, Rose Petals, Lemongrass, Orange Peel</p> <p>Description: Helpful in restoring mental function during and after stressful situations, promotes strength and balance.</p> <p>Taste: Minty, Spicy</p> <p>Herbal Actions: Adaptogen, Nervine, Stimulant</p>
Brain Energizing Blend	<p>Contents: Gunpowder Green Tea, Ashwagandha, Lemongrass, Tusli, Lemon Peel</p> <p>*Contains a small amount of caffeine.</p> <p>Description: Energizes the body. Encourages focus and endurance. Awakens your senses.</p> <p>Taste: Smooth with a touch of citrus</p> <p>Herbal Actions: Adaptogen, Nervine, Stimulant</p>
Cardio Tonic Blend	<p>Contents: Hawthorn Berries, Cinnamon, Linden Flowers, Elderberries, Mint, Hibiscus, Lemongrass, Orange Peel</p> <p>Description: Very effective support for overall cardiovascular health and wellbeing.</p> <p>Taste: Tangy with citrus notes</p> <p>Herbal Actions: Superb heart tonic</p>
Fever-Reducing Blend	<p>Contains: Peppermint, Yarrow, Catnip, Chamomile, Elderberries, Elderflower, Mullein, Marshmallow</p> <p>Description: Helps to soothe and comfort those ailing with feverish symptoms.</p> <p>Taste: Minty, slightly fruity</p> <p>Herbal Actions: Diaphoretic, Expectorant, Nervine, Immune Stimulant</p>
Gingerade	<p>Contains: Ginger, Milky Oat Tops, Honeybush, Lemongrass, Rose Hips, Fennel, Berries, Rosemary, Orange Peel.</p> <p>Description: An enjoyable sweet and spicy blend that strengthens immunity and digestion while providing nutritional support.</p> <p>Taste: Sweet and spicy</p> <p>Herbal Actions: Digestive, General Tonic, Nutritive</p>

HERBAL TEA DESCRIPTIONS

Herbalicious	<p>Contents: Milky Oat Tops, Rose Hips, Elderberries, Alfalfa, Goji Berries, Orange Peel, Cinnamon, Lemongrass, Schisandra Berries, Hibiscus, Burdock Root, Licorice</p> <p>Description: A delightful blend of flavor packed herbs designed to increase nutritional intake.</p> <p>Taste: Sweet and fruity, Spicy with citrus twist</p> <p>Herbal Actions: Nutritive, General Tonic</p>
Herbal Indulgence	<p>Contains: Rose Hips, Honeybush, Rose Petals, Berries, Alfalfa, Milky Oat Tops, Calendula Flowers, Lavender Blossoms, Lemongrass, Chamomile</p> <p>Description: This blend honors all the beauty and sweetness medicinal plants have to offer. Flowers and fruits are carefully combined to calm the mind and support the body. Packed with nutrients.</p> <p>Taste: Sweet, slightly acidic, with a delicate aromatic balance</p> <p>Herbal Actions: Calming, General Tonic, Nutritive</p>
Inflammatory Ease Blend	<p>Contains: Ashwagandha, Nettles, Skullcap, Plantain, Red Clover, Peppermint, Cramp Bark, Wild Yam, Fennel</p> <p>Description: Helps the body to better cope with painful inflammatory conditions. Promoting balance and digestion. Soothing overactive nerves.</p> <p>Taste: Earthy, minty, slightly bitter</p> <p>Herbal Actions: Anti-inflammatory, Digestive, Immunity, Nervine, Stimulant, Tonic</p>
Liver & Lymphatic Support	<p>Contains: Oregon Grape Root, Blue Flag, Burdock Root, Red Clover, Red Raspberry Leaf, Milk Thistle Seed, Lemon Peel</p> <p>Description: Encourages proper lymphatic movement and liver decongestion. Supports new hepatic cell growth. Excellent blend for detoxification.</p> <p>Taste: Earthy, bitter with a hint of citrus</p> <p>Herbal Actions: Astringent, Hepatic, Lymphatic, Stimulant, Tonic</p>
Monthly Magic	<p>Contains: Lady's Mantle, Cramp Bark, Jamaican Dogwood, Red Raspberry Leaf, Lemon Balm, Ginger, Dandelion, Nettles</p> <p>Description: For those less than desirable times of the month when women need restoration from the burdensome side effects of menstruation.</p> <p>Taste: Smooth and spicy, slightly bitter with a citrus note</p> <p>Herbal Actions: Astringent, Digestive, Nervine, Stimulant, Tonic, Women Specific</p>

HERBAL TEA DESCRIPTIONS

Refresh Blend	<p>Contains: Kukicha Twig, Cardamon, Ginger, Cinnamon, Mint, Burdock Root, Chaga Mushrooms, Codonopsis, Eleuthera, Fennel, Cloves</p> <p>*Contains a small amount of caffeine.</p> <p>Description: Helps the body manage stress, ease digestion and supports general immunity with gentle energizing effects. High in antioxidants.</p> <p>Taste: Earthy, minty, spicy</p> <p>Herbal Actions: Adaptogenic, Digestive, Immunity, Nervine.</p>
Stomach Soother	<p>Contains: Peppermint, Ginger, Fennel</p> <p>Description: Soothing to the digestive tract. Promotes healthy digestion.</p> <p>Taste: Minty, spicy</p> <p>Herbal Action: Digestive, Stimulant, Tonic</p>
Upper Respiratory Ease	<p>Contains: Elderberries, Wild Cherry Bark, Peppermint, Licorice, Ginger, Oregon Grape Root, Mullein, Marshmallow, Echinacea</p> <p>Description: No home should be without this blend! A safe and natural alternative to help ease the discomfort of upper respiratory issues.</p> <p>Taste: Sweet and spicy</p> <p>Herbal Actions: Astringent, Diaphoretic, Expectorant, Stimulant</p>
Urinary Health Blend	<p>Contains: Uva-Ursi (Bearberry), Marshmallow, Nettles, Horsetail, Corn Silk, Honeybush, Dandelion, Yarrow, Burdock Root</p> <p>Description: Valuable for those prone to urinary tract complications and prostate issues. Promotes kidney and bladder health.</p> <p>Taste: Bittersweet, sour</p> <p>Herbal Actions: Astringent, Diuretic, Nutritive, Tonic.</p>

HERBAL TEA DESCRIPTIONS

Vital Health Blend	<p>Contains: Honeybush, Ginger, Milky Oat Tops, Lemongrass, Rose Hips, Rosemary, Orange Peel, Cinnamon.</p> <p>*Contains a small amount of caffeine.</p> <p>Description: Great when we need that little boost to rise up and feel energized. Packed with nutrients. Great for those cold, dark and dreary days.</p> <p>Taste: Fruity, spicy with splashes of citrus</p> <p>Herbal Actions: Digestive, Invigorating, Nutritive, Stimulant</p>
Vitamin C Blend	<p>Contains: Rose Hips, Hibiscus, Berries, Lemongrass, Linden Flowers, Alfalfa, Orange Peel, Cinnamon</p> <p>Description: A delicious fruity blend. Rich in vitamins, minerals and antioxidants.</p> <p>Taste: Sweet and fruity</p> <p>Herbal Actions: General Nutritive Tonic</p>
Wellness Blend	<p>Contains: Astragalus Root, Lemon Balm, Sage, Milky Oat Tops, Elderberries, Elderflower, Echinacea, Cinnamon, Burdock Root, Ginger.</p> <p>Description: Another must have for your herbal tea collection. Start steeping the minute you feel a bit under the weather and need immune support.</p> <p>Taste: Minty, spicy, slightly bitter</p> <p>Herbal Action: Digestive, Immunity, Stimulant</p>
Winter Bliss	<p>Contains: Cedar Leaf, Honeybush, Peppermint, Berries, Linden Flowers, Sage, Ginger, Cinnamon, Chaga Mushrooms, Lemon Thyme, Yellow Dock, Pau d' Arco, Cloves</p> <p>Description: A wonderful combination of warm flavors that support physical and mental restoration. Rich in nutrients.</p> <p>Taste: Earthy and evergreen meets sweet and spicy</p> <p>Herbal Actions: Digestive, Immunity, Nervine, Nutritive, Stimulant, General Tonic</p>
Women's Herbal Blend	<p>Contains: Dong Quai, Vitex Berries, Rose Hips, Nettles, Ginger, Dandelion Root, Cinnamon, Burdock Root, Astragalus, Shatavari, Orange Peel, Reishi Mushrooms, Cloves</p> <p>Description: Promotes balance and nourishment for the specific needs of females throughout all stages of life.</p> <p>Taste: Earthy, spicy</p> <p>Herbal Actions: Alternative, Immunomodulator, Nervine, Stimulant, Tonic, Women Specific</p>