



## PROPERTIES OF OUR TEA

### ACAI BERRY

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**ACAI BERRY:** freeze drying preserves the goodness of Acai Berries.

Acai Berries' very high antioxidant levels aid in neutralising damaging free radicals.

They contain amino acids to promote muscle performance, strength and boost energy levels.

With plenty of Vitamin C, minerals and vitamins, Acai Berries support the immune system.

Through the fibre in the skin and pulp, Acai Berries help promote a healthy digestive system.

They also support heart and nervous system health as they are naturally high in essential fatty acids.

### ACAI SUPER BOWL

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We have combined some amazing and delicious ingredients to make your own Kickass Superfood Acai bowls and smoothies at home. The tropical and exotic flavours of coconut and banana are mixed with superfood acai and rich cacao nibs.

**ACAI BERRY POWDER:** A powerful antioxidant and SUPERFOOD from the Amazon rainforest in Brazil. In Brazil, they have nicknamed this superfruit the "Beauty Berry" because it has so many compounds that make the body both feel and look better from the inside out. Its combination of antioxidants, amino acids and omega fatty acids all help slow the aging process by boosting immune and metabolic function and removing destructive free radicals from our bodies.

**CACAO NIBS:** rich in flavonoids which act as natural antioxidants, it also provides minerals magnesium, iron, potassium, calcium, zinc, copper and manganese. Cacao can also promote a sense of wellbeing by increasing certain feel good brain chemicals.

**COCONUT:** a valuable source of nutrition, medicine and flavour. Even the scent of coconut invokes a sense of a peaceful, tropical island.

**DRIED BANANA PIECES:** very good source of fibre, contains iron, contains potassium. A good source of carbohydrate for energy, gives great banana flavour to anything.





## BERRY-LICIOUS

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Delicious chilled, in ice cubes, mixed with soda water, or a great mocktail or cocktail.

**HIBISCUS:** A natural diuretic, high in Vitamin C and antioxidants.

**CRANBERRY:** A great source of phytonutrients, helping protect us and our skin from free radical damage, plus Vitamin E, fibre, Vitamin K and manganese.

**BLUEBERRY:** Packed with antioxidants and anti-inflammatory properties that help reduce your risk for cancer, diabetes, heart disease and vision loss. Rich in vitamins K1, C and B6 and an excellent source of manganese and fibre.

**GOJI BERRY:** High in antioxidants. In traditional Chinese Medicine, Goji is a tonic, so supportive and nourishing.

## BALANCE

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A calming and refreshing tea, it provides balance in a stressful day. Also anti- nausea and stomach calming properties.

**SPEARMINT:** excellent for the whole endocrine system, balances and calms and promotes a sense of wellbeing.

**CHAMOMILE:** calming and gently sedating, it will help promote restful sleep after a busy day. It is also anti-inflammatory and has a calming, healing effect on the digestive system. Also anti-allergic.

**PEPPERMINT:** One of the best calming agents available, it eases anxiety and tension, relaxes the muscles of the digestive tract and has an overall calming, soothing effect on the whole digestive system. It relieves pain and promotes a good night's sleep.

**LEMON BALM:** very calming and relaxing, relieves cramps/spasms .

**ORANGE PEEL:** the orange oil in the peel is calming and relaxing, helps indigestion and appetite and has other benefits of being anti-inflammatory and anti-tumoural (cancer fighter) and improving circulation.

**GINGER:** promotes digestion and also soothes digestive problems and nausea. It is strongly anti-inflammatory and improves circulation.

## BYRON BLISS

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Refreshing and sweet at the same time, this tea is an anytime of the day refreshment with calming properties, antioxidants and a delightful pink colour when served.

**LEMON VERBENA:** calming and aids relaxation and sleep. A natural stress reliever which also relieves indigestion and any spasm (cramp/pain).

**CHAMOMILE:** calming and gently sedating, it will help promote restful sleep after a busy day. It is also anti-inflammatory and has a calming, healing effect on the digestive system. Also anti-allergic.

**LEMON BALM:** very calming and relaxing, relieves cramps/spasms.

**SPEARMINT:** excellent for the whole endocrine system, balances and calms and promotes a sense of wellbeing.

**ORANGE PEEL:** the orange oil in the peel is calming and relaxing, helps indigestion and appetite and has other benefits of being anti-inflammatory and anti-tumoural (cancer fighter) and improving circulation.

**HIBISCUS:** contains vitamin C and minerals and anthocyanins (antioxidant).

# CALMING CHAMOMILE

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**CHAMOMILE:** Calming and gently sedating, it will help promote restful sleep after a busy day. It is also anti-inflammatory and has a calming, healing effect on the digestive system. Also anti-allergic.

# CHAI ROOIBOS

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This warming, soothing pick me up tea has endless health properties such as increased alertness, increased metabolism. It is high in antioxidants and reduces bloating.

**ROOIBOS:** caffeine free and rich in protective antioxidants.

**FENNEL:** calming and soothing to the stomach.

**GINGER:** promotes digestion and also soothes digestive problems and nausea. It is strongly anti-inflammatory, improves circulation.

**CINNAMON:** calming and excellent for relieving nausea and vomiting.

**CARDAMON:** calming and relieves gas and pain.

**CLOVES:** stimulates digestion and relieves nausea, vomiting and gas.

**PEPPER:** stimulates metabolism. Will help get the best out of the other herbs and spices so creating flavour and balance.

# CHOC CHAI

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The rich tones of spicy chai, blended with the dark, creamy flavours of cacao powder create a comforting and decadent tea.

**BLACK TEA:** Rich and full bodied, high in antioxidants.

**CACAO POWDER:** rich in flavonoids which act as natural antioxidants, it is also provides minerals magnesium, iron, potassium, calcium, zinc, copper and manganese. Cacao can also promote a sense of wellbeing by increasing certain feel good brain chemicals.

**GINGER:** promotes digestion and also soothes digestive problems and nausea. It is strongly anti-inflammatory, improves circulation.

**STAR ANISE:** Calming and antispasmodic it eases colic and flatulence. Works well with

Caraway for this. Both Caraway and Aniseed help with bronchitis or irritable coughs.

**CINNAMON:** calming and excellent for relieving nausea and vomiting.

**CARDAMON:** calming and relieves gas and pain.

**CLOVES:** stimulates digestion and relieves nausea, vomiting and gas.

**PEPPER:** stimulates metabolism. Will help get the best out of the other herbs and spices so creating flavour and balance.

**VANILLA BEAN:** natural, safe (even in pregnancy) delicious flavouring agent with the added health benefits of essential oils, small amounts of B Complex vitamins and traces of calcium, magnesium, potassium, manganese, iron and zinc.

# CHOC MINT

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The finest Peppermint and Spearmint flavours blended with the dark, creamy flavour of cacao and a touch of sweetness from stevia create the perfect after dinner mint.

**PEPPERMINT:** One of the best calming agents available, it eases anxiety and tension, relaxes the muscles of the digestive tract and has an overall calming, soothing effect on the whole digestive system. It relieves pain and promotes a good night's sleep.

**SPEARMINT:** excellent for the whole endocrine system, balances and calms and promotes a sense of wellbeing.

**CACAO POWDER:** rich in flavonoids which act as natural antioxidants, it is also provides minerals magnesium, iron, potassium, calcium, zinc, copper and manganese. Cacao can also promote a sense of wellbeing by increasing certain feel good brain chemicals.

**STEVIA:** natural sweetener.





## CHOC ORANGE

Jaffa in a cup. Traditional English breakfast blended with the dark, creamy flavours of cacao powder and the sweet citrus flavour of dried orange segments, to create a decadent, warming and indulgent tea.

**BLACK TEA:** Rich and full bodied, high in antioxidants.

**CACAO POWDER:** rich in flavonoids which act as natural antioxidants, it is also provides minerals magnesium, iron, potassium, calcium, zinc, copper and manganese. Cacao can also promote a sense of wellbeing by increasing certain feel good brain chemicals.

**ORANGE SEGMENTS:** the orange oil in the peel is calming and relaxing, helps indigestion and appetite and has other benefits of being anti-inflammatory and anti-tumoural (cancer fighter) and improving circulation.

## CINNAMON APPLE

A sweet and luscious blend of organic dried apple with whole cinnamon chips on a delicious english breakfast base.

Best enjoyed black, let the soothing aromas and warming properties of our new blend warm any winters day or night.

**DRIED APPLE:** Besides being delicious, one of the main benefits of dried apples is their fibre content, which is good for the digestive tract and helps prevent blood sugar spikes. Dried apple also contains some vitamin A, C, some of the B vitamins and minerals.

**CINNAMON:** Calming and excellent for relieving nausea and vomiting.

**ENGLISH BREAKFAST:** English breakfast tea is a traditional blend of black tea usually described as full-bodied, robust and rich.

## CLEAN TEA

This revitalizing tea helps with depressed, anxious and/or lethargic feelings, gives support during stress and physical demands on the body and rejuvenates energy during the day, bringing an overall sense of wellbeing. Its thermogenic properties help increase metabolism, its diuretic properties reduce water retention and bloating. Also improves concentration, aids digestion, contains antioxidants and vitamin C.

**KOREAN GINSENG:** the most important Qi tonic in Chinese Herbal Medicine. Qi relates to energy and vitality. Korean Ginseng increases resistance and improves both mental and physical performance. This herb also makes the muscle more able to use free fatty acids in the blood stream, so there is not as great a reliance on carbohydrates and glucose. It also increases the oxygen carrying capacity of the blood. It promotes longevity and improves resistance to infection.

**SIBERIAN GINSENG:** an adaptogen which means it helps increase resistance to physical, chemical and biological stressors. It improves resistance to infection. It is strengthening and a true tonic. Tonics and adaptogens always help you feel healthier and more energised and better able to cope with stress of any kind.

**WITHANIA:** an adaptogenic/tonic herb that works beautifully with Siberian and Korean Ginseng. It is rich in iron, calms the nervous system and is a great tonic. Strongly supports adrenal function, thus helping with stress and physical demands on the body.

**CELERY ROOT:** takes acidity from the tissues and urine and is a safe, natural diuretic. It also has calming properties.

**LEMONGRASS:** supports digestion, promotes lymph flow (very important in removal of wastes and toxins) is anti-inflammatory, calming and supports tissue regeneration.

**HIBISCUS:** contains vitamin C and minerals and anthocyanins (antioxidant).

**LEMON MYRTLE:** normalises female hormones – helping create balance. Also great as a sinus and lung decongestant.

# DETOX TEA

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This delightfully refreshing tea helps your body's natural detoxification process, supporting your lymphatic system and helping safely clear the body of wastes and toxins leaving you feeling rejuvenated.

Anti-inflammatory, aids & soothes digestion, diuretic to help reduce bloating, improves circulation, aids in weightloss and improves complexion.

**CLEAVERS:** one of the best tonics to the lymphatic system available, also a diuretic further supporting urinary excretion of wastes. Combines well with the Calendula in this formula to support the lymphatic system and the clearance of wastes/toxins.

**CALENDULA PETALS:** anti-inflammatory, vulnerary (promotes healing of tissue), helps soothe digestive inflammation/indigestion.

**DANDELION ROOT:** has a significantly beneficial effect on the liver, increasing the secretion of bile by the liver. It has gentle laxative properties and is widely regarded as the supreme liver tonic. Safely supports detoxification processes within the liver. Dandelion Root is also naturally rich in potassium, making it an ideally balanced diuretic.

**ST MARY'S THISTLE:** has a remarkable ability to regenerate liver cells and protect the liver against potent liver toxins. It also stimulates bile secretion and digestion in general. Its important positive effects on the liver naturally improve digestive processes and promote balanced, safe detoxification.

**LEMONGRASS:** supports digestion, promotes lymph flow (very important in removal of wastes and toxins), is anti-inflammatory, calming and supports tissue regeneration.

**GINGER:** promotes digestion and also soothes digestive problems and nausea. It is strongly anti-inflammatory, improves circulation and adds balance to the Detox Tea formula.



# DREAM TEA

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A delicious tea that relaxes your mind and body. This tea assists in restful sleep, calms and aids digestion and assist the natural detox process of the body overnight.

**CHAMOMILE:** calming and gently sedating, it will help promote restful sleep after a busy day. It is also anti-inflammatory and has a calming, healing effect on the digestive system. Also anti-allergic.

**LAVENDER:** calming, relaxing and balancing, both physically and emotionally. Perfect to use before bed.

**PEPPERMINT:** One of the best calming agents available, it eases anxiety and tension, relaxes the muscles of the digestive tract and has an overall calming, soothing effect on the whole digestive system. It relieves pain and promotes a good night's sleep.

# EARL GREY

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Earl Grey Tea is a popular uplifting blend, light and aromatic with a distinctive citrus bergamot flavour. It has a bright, bold and refreshing taste. It is more popular as a morning drink in the U.K, but can be enjoyed in the afternoon as well. It helps reduce signs of aging, helps in weight loss, prevention of diabetes, and lowers cholesterol. The bergamot orange is hailed as 'nature's statin'.

# ENGLISH BREAKFAST

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English breakfast tea is a traditional blend of black tea usually described as full-bodied, robust and rich.



# FEMME

This organic blend of tea for women tastes as pretty as it looks. It is a combination of powerful herbs sharing the ability to promote the balance of both pre-menstrual and menopausal hormones. It also helps aid digestion and reduce bloating.

**BLACK COHOSH:** A North American Indian herb with a powerful action of normalising and balancing hormones.

**DONG QUAI:** sweet and warm, this herb is used for menstrual problems, anemia and constipation. Definitely a female tonic.

**LIQUORICE:** anti-inflammatory and supports adrenal gland function. A great supportive herb when you are always on the go.

**ASHWAGANDA:** an important tonic that doesn't overstimulate. Calming and relaxing, it improves your ability to function better under stress. It also aids recovery from illness or nervous exhaustion.

**RED CLOVER:** anti-spasmodic (relieves cramps) and as an alternative focused on cleansing the body – great for skin conditions.

**SPEARMINT:** excellent for the whole endocrine system, balances and calms and promotes a sense of wellbeing.

**PEPPERMINT:** One of the best calming agents available, it eases anxiety and tension, relaxes the muscles of the digestive tract and has an overall calming, soothing effect on the whole digestive system. It relieves pain and promotes a good night's sleep.

**LAVENDER:** calming, relaxing and balancing, both physically and emotionally.

**LEMON VERBENA:** relaxes tension and stress and strengthens the nervous system. Great if you are feeling a bit down.

**ROSE PETALS:** helps anxiety (calming), skin conditions and great for viral infections.

**HIBISCUS:** contains vitamin C and minerals and anthocyanins (antioxidant).

# GREEN CHAI

Be seduced by this aromatic blend of herbs and spices, mixed perfectly with a traditional Sencha Green Tea. Totally organic, this tea is one of our favorites! Designed to be infused without milk.

**SENCHA:** rich in protective antioxidants for whole body benefits; may assist with fat loss (clinical trials); especially helpful in reducing abdominal fat; significant antioxidant activity helps protect the liver with its important detoxification role.

**CARAWAY:** A calming herb used to ease flatulent dyspepsia (wind) and colic. With loss of appetite, it will stimulate appetite. As an antispasmodic, it can help relieve period pains.

**GINGER:** promotes digestion and also soothes digestive problems and nausea. It is strongly anti-inflammatory, improves circulation.

**ANISEED:** Calming and antispasmodic it eases colic and flatulence. Works well with Caraway for this. Both Caraway and Aniseed help with bronchitis or irritable coughs.

**LIQUORICE:** anti-inflammatory and supports adrenal gland function. A great supportive herb when you are always on the go.

**CINNAMON:** calming and excellent for relieving nausea and vomiting.

**CARDAMON:** calming and relieves gas and pain.

**CLOVES:** stimulates digestion and relieves nausea, vomiting and gas.

**PEPPER:** stimulates metabolism. Will help get the best out of the other herbs and spices so creating flavour and balance.



## GREEN SMOOTHIE TEA

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**SENCHA:** rich in protective antioxidants for whole body benefits; may assist with fat loss (clinical trials); especially helpful in reducing abdominal fat; significant antioxidant activity helps protect the liver with its important detoxification role.

**YERBA MATE:** increases mental awareness and alertness, helps regulate mental energy and outlook, valuable in recovery from stress. Traditionally drunk in South America as a tonifying and stimulating beverage.

**CLEAVERS:** one of the best tonics to the lymphatic system available, also a diuretic further supporting urinary excretion of wastes. Combines well with the Calendula in this formula to support the lymphatic system and the clearance of wastes/toxins.

**COCONUT:** highly nutritious and rich in fibre, vitamins and minerals, providing many health benefits beyond its nutritional content. Also contains coconut oil, benefiting the heart, brain, skin, immune system and thyroid.

**VANILLA BEAN:** natural, safe (even in pregnancy) delicious flavouring agent with the added health benefits of essential oils, small amounts of B Complex vitamins and traces of calcium, magnesium, potassium, manganese, iron and zinc.

**ACAI:** contains powerful antioxidants that help defend the body against life's stressors. These antioxidants are highly protective and contribute to overall good health.



## GREEN TEA

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The Chinese have been drinking green tea for centuries and it is now well known that green tea improves cardiovascular health, reduces the risk of cancer and helps with weight loss.

**SENCHA:** rich in protective antioxidants for whole body benefits; may assist with fat loss (clinical trials); especially helpful in reducing abdominal fat; significant antioxidant activity helps protect the liver with its important detoxification role.

## GREEN TEA WITH JASMINE

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Green tea lightly scented with fragrant jasmine blossoms give this tea a delicately aromatic flavour.

**SENCHA:** rich in protective antioxidants for whole body benefits; may assist with fat loss (clinical trials); especially helpful in reducing abdominal fat; significant antioxidant activity helps protect the liver with its important detoxification role.

**JASMINE BUDS:** Add gentle aromatic scent and flavour.

## HIBISCUS ICE TEA

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Serve this delicious tea hot or chilled.

**HIBISCUS FLOWER:** A natural diuretic, high in Vitamin C and antioxidants .

## HIBISCUS SPLICE

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A refreshing combination of dried Hibiscus Flowers, Coconut and Lime Peel.

Tangy, fresh, hydrating and sugar free. Tastes like a heavenly tropical summer day!

**HIBISCUS FLOWER:** A natural diuretic, high in Vitamin C and antioxidants .

**COCONUT:** a valuable source of nutrition, medicine and flavour. Even the scent of coconut invokes a sense of a peaceful, tropical island.

**LIME PEEL:** more vitamins than lime juice, high in vitamin c and calcium, rich in antioxidants. Contains Salvestrol Q40 and Limonene which have been found to inhibit the growth of cancer cells without toxicity, so a great cancer preventative. Helps lower cholesterol through its polyphenol flavonoids. Supports immunity and digestion.

# IMMUNITY BOOST

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Immunity Boost Tea is a great immune system booster that can be used daily during the cold and flu season or if you are feeling a bit run-down.

**ECHINACEA:** increases resistance to viral and bacterial infections and will shorten your healing time if you already have an infection, by stimulating your immune system.

**SPEARMINT:** antiseptic, reduces inflammation and helps break up mucous.

**GINGER:** promotes digestion and also soothes digestive problems and nausea. It is strongly anti-inflammatory, improves circulation.

**LEMONGRASS:** supports digestion, promotes lymph flow (very important in removal of wastes and toxins) is anti-inflammatory, calming and supports tissue regeneration.

**SIBERIAN GINSENG:** an adaptogen which means it helps increase resistance to physical, chemical and biological stressors. It improves resistance to infection. It is strengthening and a true tonic. Tonics and adaptogens always help you feel healthier and more energised and better able to cope with stress of any kind.

# INSANITEA

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Like a red bull without the nasties. 100% organic, containing caffeine and stimulating herbs in a refreshing formula.

**SENCHA:** rich in protective antioxidants for whole body benefits; may assist with fat loss (clinical trials); especially helpful in reducing abdominal fat; significant antioxidant activity helps protect the liver with its important detoxification role.

**YERBA MATE:** increases mental awareness and alertness, helps regulate mental energy and outlook, valuable in recovery from stress. Traditionally drunk in South America as a tonifying and stimulating beverage.

**PEPPERMINT:** One of the best calming agents available, it eases anxiety and tension, relaxes the muscles of the digestive tract and has an overall calming, soothing effect on the whole digestive system. It relieves pain and promotes a good night's sleep.

**LIQUORICE ROOT:** supports adrenal function during stress so helps maintain energy and focus. Soothing and anti-inflammatory for bladder, urinary or digestive problems. Helps the

other herbs in the formula work at their best.

**GINGER:** promotes digestion and also soothes digestive problems and nausea. It is strongly anti-inflammatory, improves circulation.

**GUARANA:** contains more caffeine than coffee, but in its natural form the caffeine is bound to the fibre in the Guarana seed. This means its stimulating component is released more slowly, giving hours of refreshing vitality. Guarana in this form is gentle, slow acting, long lasting and provides stamina, endurance and energy.

**GOJI:** Is an effective antioxidant. In traditional Chinese Medicine, Goji is a tonic, so supportive and nourishing.

**STEVIA:** natural sweetener.

# LOVE IS BREWING

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A refreshing tea that relaxes your mind. This tea calms and aids digestion and assists the natural detoxification processes of the body.

**CHAMOMILE:** calming and gently sedating, it will help promote restful sleep after a busy day. It is also anti-inflammatory and has a calming, healing effect on the digestive system. Also anti-allergic.

**LAVENDER:** calming, relaxing and balancing, both physically and emotionally. Perfect to use before bed.

**PEPPERMINT:** One of the best calming agents available, it eases anxiety and tension, relaxes the muscles of the digestive tract and has an overall calming, soothing effect on the whole digestive system. It relieves pain and promotes a good night's sleep.

**ROSE:** Helps anxiety (calming), skin conditions and great for viral infections.





## LULLABY

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A delicious tea that relaxes your mind and body. This tea assists in restful sleep, calms and aids digestion and assist the natural detox processes of the body overnight.

**CHAMOMILE:** Calming and gently sedating, it will help promote restful sleep after a busy day. It is also anti-inflammatory and has a calming, healing effect on the digestive system. Also anti-allergic.

**LEMON BALM:** Very calming and relaxing, relieves cramps/spasms.

**PEPPERMINT:** One of the best calming agents available, it eases anxiety and tension, relaxes the muscles of the digestive tract and has an overall calming, soothing effect on the whole digestive system. It relieves pain and promotes a good night's sleep.

## MASALA CHAI

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Traditional aromatic blend of black tea and herbs, can be consumed with or without milk, delicious when served with a sprinkle of cinnamon and honey.

**BLACK TEA:** Rich and full bodied and high in antioxidants.

**CARAWAY:** A calming herb used to ease flatulent dyspepsia (wind) and colic. With loss of appetite, it will stimulate appetite. As an antispasmodic, it can help relieve period pains.

**GINGER:** promotes digestion and also soothes digestive problems and nausea. It is strongly anti-inflammatory, improves circulation.

**ANISEED:** Calming and antispasmodic it eases colic and flatulence. Works well with Caraway for this. Both Caraway and Aniseed help with bronchitis or irritable coughs.

**LIQUORICE:** anti-inflammatory and supports adrenal gland function. A great supportive herb when you are always on the go.

**CINNAMON:** calming and excellent for relieving nausea and vomiting.

**CARDAMON:** calming and relieves gas and pain.

**CLOVES:** stimulates digestion and relieves nausea, vomiting and gas.

**PEPPER:** stimulates metabolism. Will help get the best out of the other herbs and spices so creating flavour and balance.



## MATCHA

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Packed with antioxidants - 137 times more than regularly brewed green tea - it also creates a state of relaxed alertness. It enhances mood, concentration and clarity. Matcha boosts energy, metabolism and detoxification, and as the entire leaf, it provides 100% of green tea's powerful arsenal of vitamins, minerals, antioxidants and amino acids.

## MENS HEALTH

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Supports, tones and strengthens the male reproductive system. Also supports the body when under stress. A tonic to increase vitality and physical performance. With lemon myrtle and lemon grass it is refreshing and delicious.

**LEMON MYRTLE:** Normalises hormones - helping create balance. Also great as a sinus and lung decongestant.

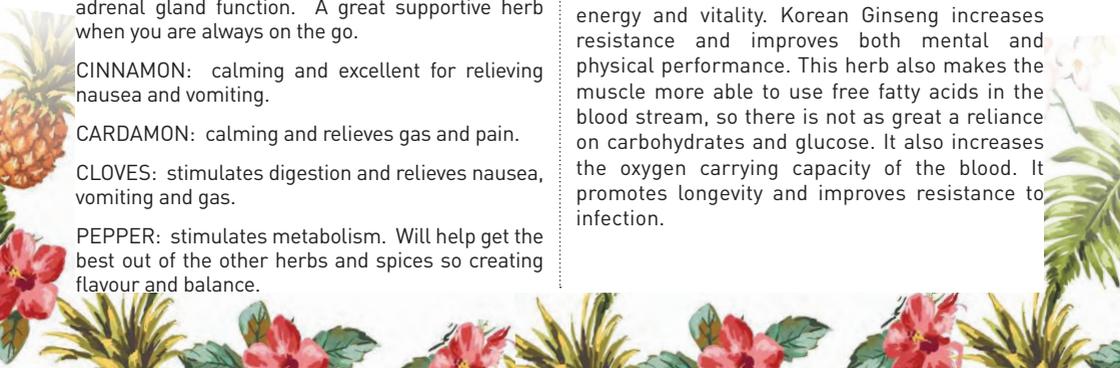
**LEMONGRASS:** Supports digestion, promotes lymph flow (very important in the removal of wastes and toxins) is anti-inflammatory, calming and supports tissue regeneration.

**DAMIANA:** A wonderful strengthening herb and a great tonic for the nervous system. Also supports the hormonal system and urinary system.

**SAW PALMETTO:** Traditionally and effectively used for urinary tract irritations/inflammation like cystitis and enlarged prostate. Also acts to tone and strengthen the male reproductive system.

**ASHWAGANDA:** An important tonic that doesn't over stimulate. Calming and relaxing, it improves your ability to function better under stress. It also aids recovery from illness or nervous exhaustion.

**KOREAN GINSENG:** The most important Qi tonic in Chinese Herbal Medicine. Qi relates to energy and vitality. Korean Ginseng increases resistance and improves both mental and physical performance. This herb also makes the muscle more able to use free fatty acids in the blood stream, so there is not as great a reliance on carbohydrates and glucose. It also increases the oxygen carrying capacity of the blood. It promotes longevity and improves resistance to infection.



## MOTHERS LOVE

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This delightful tea is designed for new mums, and mums to be. Beneficial to the digestive system for mum and baby, this nourishing combination of herbs will also aid in the production of healthy breast milk. 100% Certified Organic, delicious and safe to drink during any stage of pregnancy or breastfeeding.

**NETTLE:** A tonic herb that strengthens and supports the whole body. Helpful for skin conditions and rich in iron. A good blood cleanser.

**CARAWAY:** A calming herb used to ease flatulent dyspepsia (wind) and colic. With loss of appetite, it will stimulate appetite. As an antispasmodic, it can help relieve period pains and has been used to increase milk flow in nursing mothers.

**ANISEED:** Calming and antispasmodic it eases colic and flatulence. Works well with Caraway for this. Both Caraway and Aniseed help with bronchitis or irritable coughs.

**FENNEL:** calming and soothing to the stomach.

## POMEGRANATE BURST

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Add to smoothies, juices, sorbets and yogurts or mix into salad dressings.

**POMEGRANATE:** Among the healthiest foods on the planet. They contain 2 very powerful antioxidants. One is Punicic Acid, a type of conjugated linoleic acid with potent biological benefits. The other is Punicalagin, which is found in the peel and juice of the pomegranate. This compound has 3 times the antioxidant activity of red wine and green tea. It is also impressively anti-inflammatory – with chronic inflammation known to be a driver of many diseases, this is a good thing.

Pomegranate powder spikes both sweet and savoury dishes with the distinct sweet-tart flavour of pomegranate along with the nutrients found in this gorgeous fruit.

Pomegranate powder boasts high levels of phytonutrients including: vitamin C, antioxidants, potassium and folate.

## PURE PEPPERMINT

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Refresh everyday, anytime of the day.

One of the best calming agents available, it eases anxiety and tension, relaxes the muscles of the digestive tract and has an overall calming, soothing effect on the whole digestive system. It relieves pain and promotes a good night's sleep.

## SANCTUARY

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Our Meditation Tea. Calming and peaceful, addictive and delicious. This tea is perfect anytime of the day.

**TULSI:** (Holy Basil): an adaptogen that helps the body cope with stress, it reduces the effect of stress on the immune system, digestive system, mood and memory.

**ROSEHIP:** essentially a calming tonic rich in vitamins and antioxidants. It is an excellent spleen/stomach and adrenal tonic – organs which tend to be affected by long term stress.

**CHAMOMILE:** calming and gently sedating, it will help promote restful sleep after a busy day. It is also anti-inflammatory and has a calming, healing effect on the digestive system. Also anti-allergic.

**COCONUT:** a valuable source of nutrition, medicine and flavour. Even the scent of coconut invokes a sense of a peaceful, tropical island.

**ROSE PETALS:** helps anxiety (calming), skin conditions and great for viral infections.





# SOOTHE

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A delicious aniseed blend designed to soothe and assist the digestive system.

**ANISEED:** Calming and antispasmodic to digestive tract.

**STAR ANISE:** antifungal and antiviral, it improves digestion, reducing gas and bloating - soothing colic and irritable bowel.

**LIQUORICE ROOT:** supports adrenal function during stress so helps maintain energy and focus. Soothing and anti-inflammatory for bladder, urinary or digestive problems. Helps the other herbs in the formula work at their best.

**FENNEL :** calming and soothing to the stomach.

**LEMONGRASS:** supports digestion, promotes lymph flow (very important in removal of wastes and toxins) is anti-inflammatory, calming and supports tissue regeneration.

**HIBISCUS:** contains vitamin C and minerals and anthocyanins (antioxidant).

**BLUE MALLOW FLOWER:** Soothing and healing for the digestive tract. Also helps upper respiratory problems.

# STRAWBERRY SUNRISE

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A tropical fruit ice tea delight! A delicious and refreshing sweet ice tea perfect for summer. Make as a hot tea, chill as an ice tea, freeze into colourful ice cubes, blend into cocktails or mocktail.

Strawberry, Hibiscus, Green Apple, Blueberry, Papaya, Rosehip.

**STRAWBERRY:** Like the other berries, strawberries are rich in antioxidants and polyphenols that help us stay healthy. There is also vitamin C, folate, potassium, manganese, magnesium and fibre.

**HIBISCUS:** A natural diuretic, high in Vitamin C and antioxidants.

**GREEN APPLE:** Besides being delicious, one of the main benefits of dried apples is their fibre content, which is good for the digestive tract and helps prevent blood sugar spikes. Dried apple also contains some vitamin A, C, some of the B

vitamins and minerals.

**BLUEBERRY:** Packed with antioxidants and anti-inflammatory properties that help reduce your risk for cancer, diabetes, heart disease and vision loss. Rich in vitamins K1, C and B6 and an excellent source of manganese and fibre.

**PAPAYA:** Rich in antioxidants that help eye health and skin health, great source of vitamins and minerals and papain - an enzyme that aids digestion. Also contains choline which is very important for sleep, muscle movements, learning and memory.

**ROSEHIP:** Essentially a calming tonic rich in vitamins and antioxidants. It is an excellent spleen/stomach and adrenal tonic - organs which tend to be affected by long term stress.

# TEA FOR TWO

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Taking Raspberry Leaf is said to aid the mother's immune system, promote good circulation, strengthen uterine muscles and pelvic floor in preparation for childbirth, as well as assist with breastmilk supply. This delicious blend of herbs can be drunk from 32 weeks of pregnancy.

**RED RASPBERRY LEAF:** traditionally used to strengthen and tone the tissues of the uterus, in preparation for birth. Can also be taken during labour.

**STINGING NETTLE:** rich in iron and supports and strengthens the whole body. Known as a "spleen" herb - it is warming and nourishing.

**OATSTRAW:** a great remedy for "feeding" the nervous system, especially when under stress. Oat straw is also great for skin conditions.

**SPEARMINT:** excellent for the whole endocrine system, balances and calms and promotes a sense of wellbeing.

**ROSEHIP:** essentially a calming tonic rich in vitamins and antioxidants. It is an excellent spleen/ stomach and adrenal tonic - organs which tend to be affected by long term stress.

**CHAMOMILE:** calming and gently sedating, it will help promote restful sleep after a busy day. It is also anti-inflammatory and has a calming, healing effect on the digestive system. Also anti-allergic.

**ALFALFA:** warming, nourishing and building, helping build strength over the last trimester with the same benefits of a 'spleen' herb.





## TUTTI FRUITY HIBISCUS ICE TEA

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The sensational combination of dried Hibiscus Flowers with tropical fruits creates a vibrant, delicious, sweet Iced Tea.

**HIBISCUS FLOWER:** A natural diuretic, high in Vitamin C and antioxidants .

Dried Mango, Pineapple and Orange Segments.

## WHITE TEA

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A smoother, gentler, almost sweet taste compared to Green Tea. Contains the same type of beneficial antioxidants as green tea, but in greater quantity, which makes it an even healthier choice. Contains less caffeine at 15 grams, than green tea at 20 grams and black tea at 45 mg.

**WHITE TEA:** Health benefits of white tea's antioxidants - polyphenols and catechins: boosts cardiovascular health, helping to lower cholesterol, reducing the risk of cancer and enhancing weight loss. Also good for oral health.

## ZEST

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A refreshing and vibrant blend. Beautiful when chilled, or deliciously warming in winter.

**LEMONGRASS:** supports digestion, promotes lymph flow (very important in removal of wastes and toxins) is anti-inflammatory, calming and supports tissue regeneration.

**GINGER:** romotes digestion and also soothes digestive problems and nausea. It is strongly anti-inflammatory, improves circulation.

**LEMON MYRTLE:** normalises female hormones – helping create balance. Also great as a sinus and lung decongestant.

**LEMON PEEL:** more vitamins than lemon juice, high vitamin c and calcium, rich in antioxidants. Contains Salvestrol Q40 and Limonene which have been found to inhibit the growth of cancer cells without toxicity, so a great cancer preventative. Helps lower cholesterol through its polyphenol flavonoids. Supports immunity and digestion.

