

**Aniseed** decrease bloating and settle digestive track, treats coughs and bronchitis.

**Ashwagandha** could reduce stress, cholesterol, blood sugar & cortisol levels. Could increase fertility and testosterone.

**Apples** contain phytonutrients and antioxidants, may reduce the risk of hypertension, diabetes and heart disease.

**Berries & flowers of elderberry** prevent cold and flu boosting immune system, help tame inflammation, lessen stress.

**Bladderwrack** used for obesity, arthritis, artery hardening, digestive disorders, heartburn, constipation, bronchitis.

**Burdock Root** removes toxins from blood and reduce inflammation, good for skin, liver and digestion.

**Cardamom** may contain cancer fighting compounds, great for digestive system and ulcers.

**Chai** enhances the immune system, alleviates nausea, improves digestion and fights inflammation.

**Chamomile** helps promote sleep, reduces menstrual pain and inflammation, treats diabetes and high blood pressure.

**Citrus Peel** contains vitamin C, stimulate digestion and metabolism, great for oral health and weight loss.

**Cinnamon** stimulates circulation, aids in digestion, great for hair loss, memory and regulates glucose metabolism.

**Cloves** regulate blood sugars, support circulation, pain relief, supports digestion and improves liver health.

**Cocoa Nibs** is a mood booster, counteracts anemia, enhances brain activity, great for weight management.

**Damiana** thought to increase sexual arousal and stamina in both men and women plus help with urinary issues.

**Dandelion Root** aids in weight loss, lowers blood pressure, regulates blood sugar, reduces cholesterol & inflammation.

**Echinacea** fights flu, controls blood sugar, helps manage anxiety, lowers blood pressure and reduces inflammation.

**Elderberries** are packed with antioxidants & vitamins that could boost your immune system and may help tame inflammation.

**Fennel** relieves indigestion, provides vitamin C, potassium and fiber. Believed to suppress appetite.

**Ginger** reduces inflammation, controls high cholesterol, bloating and upset stomach as well as boosts immune system.

**Ginkgo Biloba** fights inflammation, improve circulation, reduces symptoms dementia, treats depression and anxiety.

**Goji Berry** provides immune system support, may stabilize blood sugars, may aid with depression and sleep.

**Hibiscus** antioxidant that helps high blood pressure, relieves cramps, aids in weight loss, helps with respiratory issues.

**Lemon Grass** contains elements thought to relieve pain & swelling, reduce fever, improve sugar and cholesterol levels.

**Licorice** soothes gastrointestinal problems, has anti-inflammatory and immune-boosting properties of glycyrrhizic acid.

**Maca Root** traditionally been used to enhance fertility and sex drive. It's also claimed to improve energy and stamina.

**Moringa** high in antioxidants, may lower blood pressure, cholesterol and blood sugar levels as well as reduce inflammation.

**Milk Thistle** helps with migraines, natural treatment for liver problems, helps with type 2 diabetes, lowers cholesterol.

**Mullin** contains saponins, iridoids, flavonoids which have anti-inflammatory, pain relieving, anti-tumor properties.

**Nettle Leaf** may treat hay fever, lower blood pressure, aid in blood sugar control, could reduce inflammation.

**Nutmeg** great for brain health, treats bad breath, helps digestion, has a calming effect which helps with insomnia.

**Peppermint** high in vitamin A & C, traditional remedy for nausea, colds, cramps, heartburn, IBS and even hot flashes.

**Raspberry Leaves** relieve morning sickness, high in antioxidants, vitamin B and C as well as potassium and magnesium.

**Rose Hips** is an antioxidant that boosts immune system, improves circulation, aids with diabetes, keeps skin healthy.

**Sea Moss** boosts energy and immunity, reduces inflammation, nourishes hair/skin/nails, eliminates excessive mucus.

**Senna** diuretic, cleanses colon, great for weight loss, helps with bad breath, relives constipation, anti-inflammatory.

**Schisandra Berries** claims to increase resistance to disease and stress, increasing energy and increasing physical endurance.

**Spirulina** may be effective against anemia, may have anti-cancer properties, can lower cholesterol, powerful antioxidant.

**Slippery Elm** improves constipation, bloating, diarrhea, aids in weight loss, lowers stress and anxiety, reduces psoriasis.

**Turmeric** anti-inflammatory, anti-allergy, anti-cancer, anti-fungal, improves digestion and memory, improves memory.

\* **FDA Disclaimer:** Always seek the advice and permission of a medical expert when undergoing a new health routine and/or combining tea with different medications. None of Queen City Tea Shop's products have been evaluated by any authority. Our products are not intended to treat, diagnose, cure or prevent any disease. Never disregard the advice of a medical expert because of anything you have read on this label or our web site.

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