



Organic Herbal Tea Blends



After Dinner Tea

chamomile, peppermint. **Avoid if allergic to Asteraceae family*

Apple Spice Tea

white peony, lemon balm, nettle leaf, apples, pears, cinnamon, apple cider flavoring.

At First Signs

elderberries, echinacea, elderflower, rosehips, cinnamon, ginger **Avoid if allergic to Asteraceae family*

Berry Basil Lemonade

blueberries, lemons, raspberry leaf, blackberry leaf, basil, bilberries, spearmint, lemon peel, lemon flavoring **Avoid if allergic to Asteraceae family*

Dawn Chorus Tea

nettle leaf, green rooibos, rose petals

Dream Tea

peppermint, chamomile, skullcap, mug wort, damiana leaf, rosemary, rose petals **Not for use if pregnant or allergic to Asteraceae family*

Easy Day Tea

blackberry leaf, linden, peppermint, lemon balm, marshmallow leaf **Use at least 8oz of water, take any medication 1 hour before or several hours later*

Echinacea & Elder Tea

raspberry leaf, nettle leaf, lemon balm, elder berries, Echinacea purpurea herb, Echinacea purpurea root, elder flowers, rosehips, lemons, lemon verbena, Oregon grape root, ginger **Not for use if pregnant or allergic to the Asteraceae family*

Evening Repose Tea

chamomile, peppermint, spearmint, lavender flowers, lemon verbena, rose petals **Caution if allergic to the Asteraceae family*

Flashes Tea

motherwort, sage, dandelion leaf, chickweed, elder flowers, lemon balm, oatstraw, raspberry leaf

Green Sunrise Tea

Dao Ren tea, chamomile, lemon peel, ginger root, lemon flavoring **Not for use during pregnancy*

Grateful Heart Tea

hawthorn leaf & flower, lemon balm, rosehips, dandelion leaf, ginkgo, oatstraw, bilberry fruit, hawthorn berries, ginger, lemon peel, motherwort **Not for use in pregnancy, persons with coagulation disorders*

Happy Heart Tea

hawthorn leaf & flower, linden leaf & flower, hawthorn berry, elderflower, rose petals, cinnamon, orange peel

Herbal Coffee

roasted dandelion root, roasted chicory root, roasted carob, maca powder

Hibiscus High Tea

hibiscus flowers, honeybush tea, rosehips, lemongrass, spearmint, orange peel, rose petals **Caution if you have severe peanut allergies*

Holy Basil!

tulsi/holy basil, rose petals, marshmallow root, cinnamon **Not for use if trying to conceive, pregnant or taking Warfarin*

Holy Basil Chai

holy basil, cinnamon, ginger, cardamom pods & seeds, cloves, fennel, long pepper, vanilla bean powder **Not for use if trying to conceive, pregnant or taking Warfarin*

Lemon Tea

lemon verbena, green rooibos tea, lemon balm, lemon peel, lemongrass, lemon flavoring

Love Tea

damiana leaf, roasted cacao nibs, roasted carob, orange peel, rose petals, cinnamon, vanilla tea flavoring **Not for use during pregnancy, contains caffeine, not for children under 18*

Memory Zest Tea

ginkgo, Brahmi, peppermint, spearmint, lemon balm, red clover, rosemary, ginger **Persons with coagulation disorder should be under supervision of their healthcare practitioner*

Moon Ease Tea

spearmint, raspberry leaf, vitex berries, skullcap, marshmallow root, ginger, valerian root **Not recommended for use with hormonal contraceptives. Marshmallow should be used with 8oz of water. Oral drugs should be used 1 hour before or several hours after drinking tea*

Pain in my Head Tea

meadowsweet, white willow bark, feverfew, cinnamon **Caution if allergic to aspirin. No for use with children under 16 or with the flu or chicken pox, pregnancy, or nursing or sensitive to ragweed*

Peace Tea

chamomile, spearmint, lavender, cinnamon, passionflower, rose petals **Not for use if pregnant or allergic to the Asteraceae family*

Persephone's Tea

burdock root, dandelion root, Oregon grape root, eleuthero root, yellow dock root, milk thistle, see, marshmallow root **Not for use if pregnant or allergic to the Asteraceae family*

Quiet Child Tea

spearmint, catnip, chamomile, skullcap, raspberry leaf, calendula flowers **Caution if allergic to the Asteraceae family or sensitive to aspirin or other salicylate containing drugs*

Sleepy Tea

hops, skullcap, chamomile, orange peel, lavender **Caution if allergic to the Asteraceae family, sensitive to depression, or if taking sedatives. Not for use during pregnancy*

Tulsi Delight Tea

holy basil, Dao Ren tea, peppermint, lemongrass, hibiscus flowers, ginger root **Not for use if trying to conceive, pregnant or taking Warfarin*

Turmeric Chai

cinnamon, ginger, turmeric, cardamom, fennel, cloves, black pepper, cayenne powder

Turmeric Ginger Tea

ginger, turmeric, lemons, lemon verbena, lemon balm, lemon peel, rosehips, ginger root power

Vita Blend Tea

hibiscus flowers, peppermint, lemongrass, red clover, nettle leaf, alfalfa, oatstraw, horsetail **Caution if you have severe peanut allergies. Not for use in persons with kidney disease*

Winter Spice Tea

eleuthero root, cinnamon, dandelion root roasted, astragalus root, orange peel, ginger, chicory root roasted, licorice root, cardamom, cloves **Not for use in pregnancy, in persons with hypertension, liver disorders, edema, severe kidney insufficiency, low blood potassium or heart disease should exercise caution using licorice root*

Wise Woman Tea

motherwort, nettle leaf, sage, lemon balm, vitex berries, mugwort, horsetail **Not for use in pregnancy except under healthcare practitioner supervision. Vitex Berry is not recommended for use with hormonal contraceptives. Caution if allergic to the Asteraceae family. Not for use in persons with kidney disease*

Woman's Balancing Tea

peppermint, raspberry leaf, nettle leaf, ginger, dandelion leaf, oatstraw, horsetail, chamomile, rose petals **Caution if allergic to the Asteraceae family. Not for use in persons with kidney disease*

Black Teas

Contains caffeine

Assam

crisp, rich aroma, malty flavor. Contains caffeine – crisp, rich aroma, malty flavor

Classic Chai

ginger, cinnamon, Darjeeling tea, cardamom, cloves, nutmeg

Earl Grey

flavorful with a hint of bergamot flavoring, floral, sweet, malty & citrus

English Breakfast

medium bodied aroma with a smoky flavor, graceful tannin finish

Keemun Panda

full bodied & complex

Lapsang Souchong

dark & smokey, for the seasoned or adventurous

Orange Spice Tea

Ceylon tea, Assam tea, oranges, orange peel, cinnamon, cardamom, cloves, orange tea flavoring

Vanilla Black Tea

Assam tea, elder flowers, vanilla flavoring.

Green Teas

Contains caffeine

Darjeeling

earthy & floral aroma, full bodied flavor. Notes of fruit & mild astringency

Green Earl Grey Tea

citrus aroma with silky smooth taste

Jasmine Green Tea

bold & intoxicating scent of jasmine, mildly tannic floral flavor

Puera Tea

woody scent of soil, tree bark, Autumnal leaf. Deep earthy, almost smokey flavor.

Oolong

light perfume with hints of fresh cut grass. Well-rounded green flavor with little tannin

Yerba Mate

light green beverage with refreshing bold flavor

Red Rooibos Teas

Vanilla Rooibos

red rooibos, elder flowers, vanilla flavoring

Coconut Rooibos

red rooibos, coconut flakes, acai berry powder, coconut flavoring

Firefly Chai

ginger, cinnamon, red rooibos, cardamom, cloves, nutmeg

Citrus Twist

red rooibos, lemon peel, orange peel