

Herbal Tea Blend: Tamarind, Juniper & Black Tea

This herbal tea blend combines tamarind, juniper berries, and black tea to support digestion, circulation, hydration, and gentle detoxification. Each ingredient brings unique properties that work together to support balance and vitality.

Ingredients & Their Benefits

- **Tamarind:** Supports digestion, provides antioxidants, and assists in gentle cleansing of the digestive system.
- **Juniper Berries:** Traditionally used to support kidney health, reduce water retention, and promote detoxification.
- **Black Tea:** Rich in antioxidants that support circulation, heart health, and gentle, sustained energy.

Overall Benefits

- Supports healthy digestion and reduces bloating.
- Encourages gentle detoxification through kidney and lymphatic support.
- Provides antioxidant protection against oxidative stress.
- Promotes circulation, focus, and mental clarity.
- Supports hydration and mineral balance.

Best Time to Enjoy

This tea is best enjoyed in the morning or early afternoon. Due to the natural caffeine content of black tea, it is best avoided late in the evening.

This blend reflects an earth-centered approach to wellness, using plants to support daily balance and vitality.