

DIGESTIVE IMPROVEMENT

HERBAL TEA INGREDIENTS:

DANDELION LEAF & ROOT - Dandelion has long been used in traditional herbal medicine to help support and detoxify the liver. Given its detoxification properties, both the roots and leaves are used to support skin health, aid digestion, and help flush out harmful substances from the body to promote overall health.

RED ROOIBOS - Rooibos is rich in antioxidants, vitamins, and minerals and has been traditionally used to support the immune system. Rooibos also has both stress-relieving and energizing properties, helping to calm the central nervous system and support energy levels naturally.

MILK THISTLE SEED - Used for over 2,000 years in herbal medicine, Milk Thistle is often regarded as the most important herb for supporting the liver. Numerous studies have shown that Milk Thistle supports healthy liver function by blocking and removing toxins. This herb also provides antioxidants that protect the body from free radicals and toxins and promote healthy immune function.

CINNAMON CHIPS - This sweet and warming spice has traditionally been used in herbal medicine to support healthy digestion. It has also been shown to help support healthy blood sugar levels, boost metabolism, and support overall immune function and a healthy nervous system.

CARDAMOM - Cardamom is a unique and delicious herbal spice that is a part of the ginger family and has been traditionally used to support healthy stomach and digestive function. According to the tradition, Cardamom helps stimulate and improve digestion and helps provide digestive relief.

CLOVES - Cloves have analgesic qualities that help soothe the stomach and also warming properties that support the digestive system. They also have anti-bacterial properties and help to support a healthy immune system.

LICORICE ROOT - Licorice is a naturally sweet herb and has traditionally been used to help support the digestive system and soothe indigestion.



"Herbs that work!"