

HORMONE BALANCING HERBAL TEA INGREDIENTS:

VITEX BERRY - Traditionally, it has been used to help support the health of the female system and promote female hormonal balance. Studies of Vitex Berry in clinical trials have shown its ability to help support normal hormone levels and positive outcomes on female gynecological conditions.

RED RASPBERRY LEAF - Traditionally, herbalists and even midwives used these leaves as a tonic to help support the female system, ease menstrual discomfort, and in particular, support the uterus.

SPEARMINT - Studies have also shown Spearmint to have anti-androgenic properties and to help support the health and balance of the female system.

JASMINE - is a beautiful flower that traditionally has been used in herbal medicine to help soothe the nerves. Jasmine also contains antioxidants that help protect the body against damage from free radicals.

HIBISCUS - being rich in vitamin C, minerals, and antioxidants, hibiscus supports the overall immune system.

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.

ROSE HIPS - Rose Hips are used to support overall health of the skin and tissues in the body, a healthy inflammatory response, and healthy immune function.

HOLY BASIL - is referred to as the "elixir of life." It belongs to a group of herbs known as "adaptogens," which means that it helps the body's ability to adapt to stress. Traditionally, Holy Basil has been used in herbal medicine for adrenal support, to help increase energy and stamina, promote overall good health and immune function, and to restore overall balance in the body.



"Herbs that work!"