

IMMUNE BOOSTING

HERBAL TEA INGREDIENTS:

NETTLE LEAF – Highly nutritive, nettle leaf contains a great amount of chlorophyll, making this herb a significant source of antioxidant vitamins (such as C and A) and powerhouse minerals.

ELEUTHERO ROOT — While it primarily works on the nervous system, in general eleuthero root is well known as a powerful adaptogen – that is an herb that helps the body properly respond to stress. Stress plays a significant role on the ability of the immune system.

ECHINACEA ROOT- seems to have an effect on the immune system, your body's defense against germs. Research shows it increases the number of white blood cells, which fight infections.

ELDERBERRIES & FLOWERS - Elderberries are particularly rich in flavonoids, and anthocyanins. These powerful antioxidants work to keep the immune system strong and resilient. The Elderflower is also packed with bio-flavonoids that help to boost the immune system. Research has shown that Elderflowers are also effective in killing common pathogens.

PEPPERMINT LEAF - Peppermint leaf contains vitamin C, calcium, B vitamins and potassium to help give your immune system an extra boost.

ROSEHIPS - Rosehips play a huge role in supporting your wellness – there are many advantages to taking rosehips... not only are they an immune booster, they help boost your circulation, support a healthy gut, and are a great form of antioxidants.

ASTRAGALUS ROOT - is thought to stimulate the immune system. It has antioxidant effects that inhibit free radical production. In the body, free radicals damage cells and are linked to many health problems associated with aging.

ASHWAGADHA - increases natural killer cell activity and decrease markers of inflammation.

CHAGA MUSHROOMS - By promoting the formation of beneficial cytokines — specialized proteins that regulate the immune system — chaga stimulates white blood cells, which are essential for fighting off harmful bacteria or viruses.



"Herbs that work!"