

### HERBAL & RED TEA BLENDS

#### Sweet Relaxing Blend



THIS FLORAL TISANE WILL TAKE THE EDGE OFF A STRESSFUL DAY OR PROMOTE SLEEP GENTLY, BUT EFFECTIVELY, IF ENJOYED AT BEDTIME. HAVE A CUP TO SETTLE AN UPSET STOMACH FROM THAT SUPER BURRITO YOU JUST HAD TO FINISH.

**INGREDIENTS:** LEMON BALM, CHAMOMILE, LAVENDER, ROSE PETAL, JASMINE, LEMON PEEL, HIBISCUS.

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#### Spicy Root Beer Blend



GIVE YOUR LIVER, KIDNEYS & SKIN A TASTY TREAT WITH THIS AROMATIC TISANE. UNLIKE A SUGARY SOFT DRINK, REAL ROOT BEER WAS A TRADITIONAL, CLEANSING TONIC.

**INGREDIENTS:** SARSAPARILLA, BIRCH BARK, LICORICE, CINNAMON, DANDELION, BURDOCK, ELEUTHERO, RED CLOVER, ORANGE PEEL, GINGER, CLOVE, VANILLA

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#### Vitamin C Bomb



GET YOUR C ON WITH THIS VITAMIN AND BIOFLAVONOID PACKED BLEND. COMPLEMENTED WITH GINGER TO PROVIDE ADDITIONAL RESPIRATORY SUPPORT. TRY THIS TASTY TISANE WHEN YOU'VE GOT THE SNIFFLES, OR JUST WANT A WARM, SUNNY TREAT.

**INGREDIENTS:** ORANGE PEEL, ROSEHIPS, GINGER, LEMON PEEL, HIBISCUS, PAPAYA

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#### G-Spot



BIG ON THE GINGER. THIS IS A SWEET & SPICY BLEND THAT GETS THE JUICES FLOWING. MADE WITH HERBS TO SUPPORT MULTIPLE BODY SYSTEMS INCLUDING RESPIRATORY, DIGESTIVE, ENDOCRINE & URINARY.

**INGREDIENTS:** GINGER, LEMON GRASS, CINNAMON, DANDELION, LICORICE

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#### Mint Zip



A COOL BLEND OF THREE MINTS & NUTRIENT-RICH NETTLE LEAVES. MINT TEA IS A TRADITIONAL DIGESTIVE AID, BUT CAN ALSO BE ENJOYED ANY TIME FOR A CAFFEINE-FREE BOOST.

**INGREDIENTS:** SPEARMINT, PEPPERMINT, LEMON BALM, NETTLES

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#### Rooibos Tea Blend

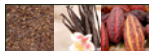


ROOIBOS (RED BUSH) FROM SOUTH AFRICA IS A NATURALLY SWEET, CAFFEINE-FREE TEA THAT IS FULL OF ANTI-OXIDANTS. THE RICHNESS OF COCONUT & VANILLA PLUS THE TARTNESS OF LEMON PEEL COMPLETE THE PERFECT TEA THAT CAN BE ENJOYED ANY TIME OF DAY.

**INGREDIENTS:** ROOIBOS, COCONUT, LEMON PEEL, VANILLA

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#### Rooibos Cacao



SPOIL YOURSELF WITH THIS BLISS-INDUCING BLEND OF ROOIBOS, CACAO AND VANILLA. ROOIBOS (RED BUSH TEA) IS A CAFFEINE-FREE, FERMENTED TEA FROM THE MOUNTAINS OF SOUTH AFRICA. IT'S OWN NATURAL SWEETNESS IS ENHANCED HERE WITH THE LUSCIOUS, AROMATIC SWEETNESS OF CHOCOLATE AND VANILLA.

**INGREDIENTS:** ROOIBOS, COCONUT, LEMON PEEL, VANILLA

5-10

#### Adap - Tea



THIS NATURALLY SWEET BLEND COMBINES ADAPTOGENS WITH ADDITIONAL HERBS TO SUPPORT THE LIVER & KIDNEYS. ADAPTOGENIC HERBS RECHARGE THE ADRENAL GLANDS AND NOURISH THE ENTIRE BODY, PROMOTING STRESS RESISTANCE AND BUILDING PHYSICAL AND MENTAL ENDURANCE OVER TIME.

**INGREDIENTS:** ASTRAGALUS, ELEUTHERO, REISHI, DANDELION, LICORICE

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### CHAI TEA - WARM & AROMATIC

#### Parisā Spicy Chai



PARISA SPICY CHAI IS A WARMING BLEND OF AROMATIC SPICES AND ASSAM BLACK TEA, NATURALLY SWEETENED WITH ORGANIC HONEY AND AGAVE NECTAR. WE BREW OUR CHAI WEEKLY AND DELIVER IT IN GLASS BOTTLES THAT WE PICKUP, CLEAN AND REUSE.

**INGREDIENTS:** ASSAM BLACK TEA, GINGER, CINNAMON, CARDAMOM, BLACK PEPPER, ORANGE PEEL, NUTMEG, CLOVE, GALANGAL, HO-SHOU-WU, ASTRAGALUS, CORRIANDER, HONEY, AGAVE NECTAR, VANILLA

### BLACK, GREEN, & WHITE TEAS

#### Tiger Blend



RICH FLAVOR WITH LUSCIOUS NOTES OF VANILLA, CHOCOLATE AND A BIT OF SPICE. TIGER BLEND IS LOADED WITH FLAVONOIDS, VITAMINS, MINERALS AND AMINO ACIDS.

**INGREDIENTS:** ORANGE PEEL, ASSAM BLACK TEA, CACAO NIBS, LICORICE, VANILLA, RED CHILE

#### Green Tea Nettle Blend



GREEN TEA IS PACKED WITH POLYPHENOLS AND MINERALS WHILE NETTLES SUPPLY ADDITIONAL VITAMINS & MINERALS. A BIT OF PAPAYA WITH ITS DIGESTION PROMOTING ENZYMES ROUNDS OUT THIS NUTRITIONAL POWERHOUSE OF A TEA.

**INGREDIENTS:** SENCHA GREEN TEA, NETTLE, PAPAYA

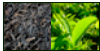
#### Earl Grey



A COMBINATION OF CEYLON TEA FROM SRI LANKA AND ASSAM TEA FROM INDIA, PLUS A BIT OF BERGAMOT OIL COMPLETE THIS UPBEAT BLEND.

**INGREDIENTS:** ASSAM BLACK TEA, CEYLON BLACK TEA, BERGAMOT OIL

#### Irish Breakfast



A TRADITIONAL IRISH BREAKFAST TEA MADE WITH ASSAM FROM INDIA AND CEYLON FROM SRI LANKA. ENJOY THIS ROBUST BLEND WITH A SPLASH OF MILK.

**INGREDIENTS:** ASSAM & CEYLON BLACK TEA

#### Aromatic White Blend



WHITE TEA IS LOADED WITH POLYPHENOLS, BUT HAS LESS CAFFEINE THAN EITHER GREEN OR BLACK TEAS. THE DELICATE FLAVOR OF WHITE TEA IS COMPLEMENTED HERE WITH WARM, SULTRY ROSE PETALS & JASMINE

**INGREDIENTS:** WHITE TEA, JASMINE, ROSE PETAL

#### Kama Tea



A RICH, STIMULATING BLEND OF WHITE TEA WITH SPICES, FLOWERS, NUTS & FRUIT. AN APHRODISIAC OF REPUTE, OR A TASTEFUL TEA WITH FRINGE BENEFITS.

**INGREDIENTS:** WHITE TEA, DAMIANA, CACAO NIBS, ALMOND EXTRACT, VANILLA, CHERRY, JASMINE, RED CHILE, ROSE PETALS, LAVENDER, CINNAMON

#### Jasmine Tea



AROMATIC & WARMING. THE STIMULATING PROPERTIES AND MALTY FLAVOR OF ASSAM IS COMPLEMENTED WITH THE HEADY, UPLIFTING SCENT OF JASMINE FLOWERS.

**INGREDIENTS:** JASMINE TEA, ASSAM TEA, JASMINE PETALS

RECOMMENDED STEEP TIME  10  CAFFEINE-FREE  3-5  WITH CAFFEINE