



## Elderberry Rosemary Ginseng Tea 3 oz.

Elderberry Rosemary Ginseng Tea is an all-natural, herbal tea blend of elderberries, spearmint leaf, rosemary, lemon balm, linden, eucalyptus, wood betony, blackberry leaf, and eleuthero root (Siberian ginseng) in a tea tin.

Elderberry Rosemary Ginseng Tea contains eight stress relieving herbs for an energizing, invigorating tea that helps you manage and adapt to stress. It also contains elderberries which are nutrient and antioxidant rich, helping to combat oxidative stress and inflammation. \*

This tea can be enjoyed both hot or cold with your choice of sweetener.

**Ingredients:** Elderberries, spearmint leaf, rosemary, lemon balm, linden, eucalyptus, wood betony, blackberry leaf, and eleuthero root (Siberian Ginseng).

### About Our Ingredients

- **Elderberries:** Elderberries are rich in nutrients and antioxidants. Elderberry has been found to have antibacterial, antiviral, and anti-inflammatory properties. A clinical trial supports the use of a standardized elderberry syrup extract for symptoms associated with influenza. \* (1)
- **Spearmint** is a minty herb that is high in antioxidants and other plant compounds that may improve digestion, lower blood sugar, and reduce stress. \*
- **Rosemary** is high in antioxidant, antimicrobial, and anti-inflammatory compounds. Rosemary may help lower anxiety levels, and improve mood, memory, and sleep quality. \*
- **Lemon Balm** relieves stress and reduces anxiety. It may also help boost cognitive function, and when combined with other herbs, may ease sleep disorders and restlessness. \*
- **Linden** may help promote relaxation, fight inflammation, and reduce mild pain. Linden has been used in folk medicine to promote sleep because of its sedative properties, and to soothe the digestive tract. \*
- **Eucalyptus** is high in antioxidants, may relieve cold symptoms, reduce pain, and promote relaxation. \*
- **Wood Betony** is an herb from the mint family that has been used successfully for hundreds of years for headaches, muscle aches, tension, and stress. \*
- **Blackberry Leaf** is an herb with compounds like those found in berry fruits, that have demonstrated antioxidant, anti-inflammatory, cardioprotective, and neuroprotective properties. \*
- **Eleuthero Root** is an adaptogen herb, also known as Siberian ginseng, thought to help protect the body from the effects of stress, and may be useful for relief of anxiety, depression, and stress burnout. \*

## **Research Sources:**

(1) Elderberry

*The American Botanical Council Clinical Guide to Elderberry*

<https://www.herbalgram.org/media/13294/elderberry-scr.pdf>

*The Journal of Functional Foods*, Volume 40, January 2018, (pages 377-390)

<https://www.sciencedirect.com/science/article/pii/S1756464617306977?via=ihub>

<https://www.healthline.com>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4931538/>

***\* These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.***