



Elderberry Appetite Control Tea 3 oz.

Elderberry Appetite Control Tea is an all-natural, herbal tea blend of elderberries, cinnamon, ashwagandha, and fenugreek in a tea tin.

Elderberry Appetite Control Tea combines the immune boosting, anti-inflammatory, and antioxidant goodness of elderberries with three herbs that have traditionally been used to help balance hormones, blood sugars, and stress levels.

This tea is the perfect combination to gently control appetite * and can be enjoyed both hot or cold with your choice of sweetener. This product is caffeine free.

Ingredients: Elderberries, cinnamon, ashwagandha, and fenugreek.

About Our Ingredients

- Elderberries are rich in nutrients and antioxidants that are anti-inflammatory and fight free radical damage, reducing oxidative stress on cells. Elderberry has been found to have antibacterial and antiviral properties, as well as health promoting and antidepressant properties. * (1)
- Fenugreek may aid metabolic conditions such as diabetes. In one research study, participants experienced better blood sugar levels and reductions in total and LDL cholesterol. Preliminary research also suggests that fenugreek may reduce appetite and fat intake. * (2)
- Cinnamon is loaded with antioxidants such as polyphenols that protect your body against oxidative damage caused by free radicals. Studies show that this spice has impressive anti-inflammatory properties. Cinnamon is also well known for its ability to improve sensitivity to insulin and for its blood sugar lowering properties. * (2)
- Ashwagandha is an adaptogen, a substance that helps the body cope with stress. This herb may help with sleep quality and reduction of anxiety. Research has shown that ashwagandha may also have a beneficial effect on athletic performance and may enhance physical performance and increase muscle strength. * (2)

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>

(2) Fenugreek, Cinnamon, Ashwagandha

Health benefit information source - <https://www.healthline.com>

*** 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.**

Elderberry Appetite Control Tea Product Information (1-10-23)

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