



Elderberry Chamomile Rose Tea 3 oz.

Elderberry Chamomile Rose Tea is an all-natural, herbal tea blend of elderberries, chamomile, rose petals, orange peel, oat straw, lemon balm, lavender, and stevia in a tea tin.

Elderberry Chamomile Rose Tea contains six calming and relaxing herbs for a soothing blend of herbal goodness. 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. This product is caffeine free.

Ingredients: Elderberries, chamomile, rose petals, orange peel, oat straw, lemon balm, lavender, and stevia.

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)
- **Chamomile** contains apigenin, an antioxidant that binds to certain receptors in your brain that may promote sleepiness and reduce insomnia. Chamomile tea may also protect against diarrhea, stomach ulcers, nausea, and gas, likely due to its anti-inflammatory effects. * (2)
- **Rose Petals** are rich in polyphenols, and antioxidants that help neutralize free radicals and contribute to good health. * (2)
- **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. * (2)
- **Lavender** has historically been used as a calming agent to treat sleep disorders, calm nervousness, headaches, and stomach irritations. * (2)
- **Orange Peels** contain provitamin A, folate, riboflavin, thiamine, vitamin B6 and calcium. They are also rich in polyphenols, which may help manage many chronic conditions. * (2)
- **Oat Straw** is rich in many antioxidants which have been shown to help reduce inflammation; they may also reduce the production of cytokines, proinflammatory compounds that are linked to chronic conditions. * (2)
- **Stevia** is a natural sweetener linked to numerous benefits, including lower blood sugar levels, and is used as a substitute for refined sugar. * (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>

Science Direct, Non-vitamin and Non-mineral Nutritional Supplements, 2019, (pages 211-215)
<https://doi.org/10.1016/B978-0-12-812491-8.00030-8>

(2) Health Benefit Reference
<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 Chamomile Rose Tea Product Information (1-18-23)
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