



Elderberry Citrus Ginger Tea 3 oz.

Elderberry Citrus Ginger Tea is an all-natural, herbal tea blend of elderberries, ginger, lemon peel, rose hips, lemon grass, hibiscus, peppermint, and orange peel in a tea tin.

Elderberry Citrus Ginger Tea contains seven health-promoting, nutrient and antioxidant rich herbs that support immune health. It also contains elderberries which are nutrient and antioxidant rich, helping to combat oxidative stress and inflammation. Elderberry have also been found to have anti-inflammatory, antibacterial and antiviral properties. *

As a hot winter beverage, Elderberry Citrus Ginger Tea soothes cold and flu season symptoms; or drink it cold, as a cooling, summer thirst quencher with your choice of sweetener.

This product is caffeine free.

Ingredients: Elderberries, ginger, lemon peel, rose hips, lemon grass, hibiscus, peppermint, and orange peel.

About Our Ingredients

- **Elderberries** are full of antioxidants and vitamins that may help support the immune system. They may also help tame inflammation, lessen stress, and protect your heart. Some experts recommend elderberries to help prevent cold and flu symptoms. * (1)
- **Ginger Root** has powerful anti-inflammatory and antioxidant effects and may help fight flu and the common cold. * (2)
- **Lemon Peels** are high in Vitamin C and contain many beneficial plant compounds, minerals, and may have anti-inflammatory, antimicrobial, and antiparasitic properties. * (2)
- **Rosehips** are rich in antioxidants and vitamins C, which supports a healthy immune system - stimulating the production of white blood cells and helping maintain the skin's protective barrier against pathogens. * (2)
- **Lemongrass** contains antioxidant, anti-inflammatory, and antimicrobial properties. * (2)
- **Hibiscus** is also loaded with antioxidants and may help fight bacteria, may boost liver health, and has been associated with weight loss. * (2)
- **Peppermint** may ease digestion, help alleviate tension headaches, relieve clogged sinuses, fight bacterial infections, and improve sleep. * (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)

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 Citrus Ginger Tea Product Information (1-24-23)

wholesale@elderberryfamilyfarms.com

www.elderberryfamilyfarms.com