



Elderberry Fruit Blend Tea 3 oz.

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

Elderberry Fruit Blend Tea contains the immune boosting benefits of elderberries combined with five health promoting herbs. This is a delicious fruity tea with the tang of hibiscus and a hint of lemon and peppermint. This tea can be enjoyed both hot or cold with your choice or sweetener. This product is caffeine free.

Ingredients: Elderberries, 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)
- **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>

(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 Fruit Blend Tea Product Information (2-1-23)

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