



## Elderberry Hibiscus Mate Terere' Tea 3 oz.

Elderberry Hibiscus Mate Terere' Tea is an all-natural, herbal tea blend of elderberries, hibiscus, yerba mate, and stevia in a tea tin.

With Elderberry Hibiscus Mate Tea, you get two of nature's most powerful herbs to combat oxidative stress, plus a jitter free energy boost. And the stevia gives it a hint of sweetness without loading up on extra calories. This tea can be enjoyed both hot or cold with your choice or sweetener.

This product contains caffeine.

**Ingredients:** Elderberries, hibiscus, yerba mate, and stevia.

### About Our Ingredients

- **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)
- **Hibiscus** is packed with antioxidants, may help lower blood pressure and blood fat levels, may boost liver health, and promote weight loss, and contains compounds that may help prevent cancer. (2) \*
- **Yerba Mate** gives you the same energy boost that you get with black tea, but with benefits that go beyond the caffeine pick-me-up. Yerba mate may improve mental focus and enhance physical performance, help protect against infections from bacteria, parasites, and fungi, reduce appetite to help with weight loss, and lower blood sugar levels. \* (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>

(2) Herbal 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 Hibiscus Mate Terere' Tea Product Information (3-20-23)*

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