



Elderberry Honeybush Red Tea 3 oz.

Elderberry Honeybush Red Tea is an all-natural, herbal tea blend of elderberries and African honeybush red tea in a tea tin.

Elderberry Honeybush Red Tea contains the immune boosting benefits of elderberries combined with the health benefits of honeybush. This tea is the perfect alternative to coffee or black tea. This tea has a rich, full-bodied flavor with an extra boost of goodness to start the day. This tea can be enjoyed both hot or cold with your choice or sweetener.

This product is caffeine free.

Ingredients: Elderberries, African honeybush.

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)
- **Honeybush Red Tea** (Rooibos) comes from the leaves of an African shrub and is not related to black or green tea. Rooibos is lower in tannins, natural compounds that are present in green and black tea, which interfere with the absorption of some nutrients, like iron. Unlike black and green tea, it contains no oxalic acid, which can increase your risk of kidney stones. Red tea is also rich in antioxidants, helping to protect cells against free radical damage. Over the long term, the antioxidants in red tea may help reduce the risk of illness, heart disease and cancer. * (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) Honeybush Red Tea

<https://www.healthline.com/nutrition/rooibos-tea-benefits>

**** 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 Honeybush Red Tea Product Information (3-20-23)

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