



Elderberry Lemon Mint Tea 3 oz.

Elderberry Lemon Mint Tea is an all-natural, herbal tea blend of elderberries, peppermint leaf, lemongrass, spearmint leaf, lemon verbena, and lemon balm in a tea tin.

Elderberry Lemon Mint Tea contains the immune boosting benefits of elderberries combined with the stomach soothing benefits of peppermint and spearmint, plus the tonic and nerve soothing properties of lemon verbena and lemon balm. This tea can be enjoyed both hot or cold with your choice or sweetener. This product is caffeine free.

Ingredients: Elderberries, peppermint leaf, lemongrass, spearmint leaf, lemon verbena, and lemon balm.

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)
- **Peppermint** may help relieve tension headaches, improve energy, and fight bacterial infections. Peppermint may also help alleviate nausea and indigestion. * (2)
- **Lemongrass** contains antioxidant, anti-inflammatory, and antimicrobial properties. * (2)
- **Spearmint Leaf** is a minty herb that is high in antioxidants and other plant compounds that may improve digestion, lower blood sugar, and reduce stress. * (2)
- **Lemon Verbena** may help reduce anxiety and has long been used in folk medicine as a relaxant or nerve tonic. * (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)

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 Lemon Mint Tea Product Information (3-20-23)

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