



Elderberry Licorice Mint Tea 3 oz.

Elderberry Licorice Mint Tea is an all-natural, herbal tea blend of elderberries, peppermint leaf, spearmint leaf, and licorice root in a tea tin.

Elderberry Licorice Mint Tea includes the immune boosting benefits and rich taste of elderberries combined with the brisk aroma of mint, and the sweetness of licorice root. This tea can be enjoyed both hot or cold with your choice or sweetener.

This product is caffeine free.

Ingredients: Elderberries, peppermint leaf, spearmint leaf, and licorice root.

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)
- **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)
- **Licorice Root** may have significant antioxidant, anti-inflammatory and antimicrobial effects and may be helpful for easing upper respiratory infections, and aid in digestion. * (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 Licorice Mint Tea Product Information (3-21-23)

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