



Elderberry Licorice Spice Tea 3 oz.

Elderberry Licorice Spice Tea is an all-natural, herbal tea blend of elderberries, cinnamon, licorice root, orange peel, rooibos, cardamom, anise, and cloves in a tea tin.

Elderberry Licorice Spice Tea is a delicious blend of rooibos red tea and warm spices with the heady aroma of chai spices, the sweetness of licorice root, the immune boosting benefits, and rich taste of elderberries. Enjoy hot with a dash of milk and honey or your choice of sweetener.

This product is caffeine free.

Ingredients: Elderberries, cinnamon, licorice root, orange peel, rooibos, cardamom, anise, and cloves.

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)
- **Cinnamon** is high in antioxidants such as polyphenols that protect your body against oxidative damage caused by free radicals. Studies show that this spice and its antioxidants have anti-inflammatory properties. Cinnamon is also known for its ability to improve sensitivity to insulin and for its blood sugar lowering properties. * (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)
- **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)
- **Honeybush Red Tea** (Rooibos) comes from the leaves of an African shrub and is 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)
- **Cardamom** is rich in compounds that may fight inflammation. Acute, long-term inflammation can lead to chronic diseases. Antioxidants, found in abundance in cardamom, protect cells from damage and stop inflammation from occurring. * (2)
- **Anise Seed** is a powerful plant that is rich in many nutrients and a wide array of health benefits. It has anti-fungal, antibacterial, and anti-inflammatory properties and may fight stomach ulcers, keep blood sugar levels in check and reduce symptoms of depression and menopause. * (2)
- **Cloves** have been shown to have antimicrobial properties, which means they help stop the growth of microorganisms like bacteria. Cloves are also high in antioxidants and may assist with keeping blood sugar in check. Some research suggests that the compounds found in cloves might even help protect against 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) Herbal & Spice 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.***