



Elderberry Turmeric Golden Chai Tea 3 oz.

Elderberry Turmeric Golden Chai Tea is an all-natural, herbal tea blend of elderberries, turmeric, cinnamon, ginger, and pepper in a tea tin.

A golden chai tea with the health benefits of turmeric, warm spices, and the rich taste of elderberries, Elderberry Turmeric Golden Chai Tea contains the immune boosting benefits of elderberries combined with spices known to fight inflammation and oxidative stress. Enjoy hot with a dash of milk and honey or your choice of sweetener.

This product is caffeine free.

Ingredients: Elderberries, turmeric, cinnamon, ginger, and pepper.

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)
- **Turmeric** contains curcumin, a substance with powerful anti-inflammatory and antioxidant properties, as seen in human studies. Curcumin is a potent antioxidant that can neutralize free radicals and may also help improve memory and attention. * (2)
- **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. Cinnamon also helps fight bacterial and fungal infection. * (2)
- **Ginger** contains gingerol, which has powerful medicinal properties. It has a long history of uses including improving digestion, reducing nausea, and helping fight flu and the common cold. Like cinnamon, ginger also has powerful anti-inflammatory and antioxidant effects. Ginger relieves nausea and vomiting, and is frequently used to treat chronic indigestion. * (2)
- **Pepper** may enhance the bioavailability of the anti-inflammatory compounds found in turmeric. Pepper contains piperine, a natural substance that enhances the absorption of curcumin by 2,000%. * (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) Turmeric, Cinnamon, Ginger, Pepper

Health benefit information source - <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 Turmeric Golden Chai Tea Product Information (3-21-23)
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