

herbal tisanes

water boiling | leaves 1 teaspoon per 8 ounces | **infusion time** 5-10 minutes

CALIFORNIA MATÉ (organic)

the traditional tonic herbs from north and south america: stinging nettle and yerba maté combine forces in this earthy, invigorating brew: contains caffeine.

DAILY TONIC (organic)

care for yourself with this tonic of nettle, dandelion leaf and red clover. support your nutrient needs with this simple yet powerful blend.

FLOWER POWER (organic)

hibiscus, rose hips, colorful petals and spices bloom again in your cup. mix a strong brew of this tea with apple juice for a punch that kids will love. serve hot or cold.

HERBAL GARDENS (organic)

more than a dozen herbs and flowers are used to create a full spectrum of tastes highlighted by sweet sages.

MELLOW (organic)

sit down, relax and sip this soothing brew—a mix of chamomile, hops, lemon myrtle, lavender, and other calming herbs.

MINTY (organic)

this refreshing blend of mints makes a great after-dinner or “tummy” tea. children love it with milk and honey.

ROOIBOS (organic)

this precious herb from south africa brews a nutrient and antioxidant-rich infusion that offers hints of vanilla. rooibos is a delicious and soothing alternative to tea.

ROOIBOS CHAI (organic)

south african rooibos blends beautifully with exotic spices in this caffeine-free chai. traditionally brewed with milk and sugar, this blend makes a delicious dessert tea.

TULSI TONIC (organic)

india's treasured tulsi, or holy basil, is blended with our daily tonic to add its delicious flavor and powerful nutrition. drink daily for full benefits.

WOMAN'S HERBAL (organic)

a gathering of balancing and strengthening herbs, berries, and flowers to nourish a woman's system. brew a pot in the morning and sip all day for full benefits.



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