Hibiscus Flowers - Loose Herb

DESCRIPTION

Ruby-Red, Tart, and Good for the Heart

Dried hibiscus calyces (*Hibiscus sabdariffa*, also called roselle) — the deep crimson cups that hold the flower's seed pod. They brew a jewel-red tea with a tart, cranberry-like taste.

Hibiscus is a drink of three continents. In Egypt it is *karkadé*, served hot in winter and iced in summer — Egyptians say the pharaohs drank it. In Mexico it is *agua de jamaica*, sold on every street corner. In West Africa it is *bissap* or *sobolo*, spiced with ginger. In every one of those places it has also been a folk remedy for high blood pressure, fevers and a heavy, overheated body.

What science has found so far:

- Adults with mildly high blood pressure who drank three cups of hibiscus tea a day for six weeks lowered their systolic blood pressure compared with placebo. (McKay et al., 2010)
- Its deep colour comes from **anthocyanins** — the same family of antioxidants found in blueberries and elderberries.
- It is naturally rich in vitamin C and organic acids, which give it that bright, mouth-watering tartness.

The Eastern view: In Chinese medicine the roselle calyx (*Méi Gu? Qié*, ???) is **sour and cool**: it clears Heat, generates fluids and quenches thirst — exactly what a hot, flushed, high-pressure body needs, and exactly how it is drunk in the hot countries that love it. In India, where it is grown as *lal ambari*, its sour, cooling nature is used to calm Pitta.

Ways to use it:

- **Tea** — 1 tablespoon in a cup of just-boiled water, covered, for 5–10 minutes. Strain and sip.
- **Iced** — brew strong, sweeten lightly with honey, pour over ice with a slice of lime.
- **Spiced, West African style** — simmer with fresh ginger and a cinnamon stick.

- **In blends** — beautiful with rosehips, mint or lemongrass.

Ingredients: 100% dried hibiscus calyces and petals.

Size: 1 oz, in a resealable black stand-up pouch with a window. Store sealed, away from light and heat.

Packed to order by a small team of skilled herbal professionals.

Disclaimer

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

We recommend working with a qualified integrative healthcare professional, especially if you are pregnant, nursing, have a medical condition, or take any medications.

Important Safety Information:

- Hibiscus lowers blood pressure — if you take blood-pressure medication, watch your numbers and work with your practitioner.
- It may lower blood sugar; take care if you take diabetes medication.
- Avoid during pregnancy — it has traditionally been used to bring on menstruation.
- It is acidic: rinse your mouth with water after drinking to protect tooth enamel.
- Keep out of reach of children. Store sealed in a cool, dry, dark place.