Reducto Tea - Metabolism Support Blend

DESCRIPTION

Lighten the Load, Warm the Fire

Reducto is our metabolism blend — a warm, spicy, gently bitter tea for when your body feels heavy, sluggish and slow to burn. It brings together the drainers, the warmers and the steadiers of three healing traditions in one cup.

What's in the blend:

- **Oolong tea** — the tea southern China drinks with rich meals, studied for supporting fat metabolism.
- **Dandelion leaf & root** — the classic Western liver and kidney herb that helps the body clear excess water.
- **Hibiscus** — tart, cooling and good for the heart.
- **Ginger, cinnamon & black pepper** — the warming spices that kindle digestion; black pepper's piperine helps the other herbs absorb.
- **Holy basil, ashwagandha & ginseng** — adaptogens that calm the stress hormone cortisol, which drives cravings and belly weight.
- **Kudzu** — a Chinese root used for blood sugar and thirst.
- **Peppermint & orange peel** — bright, digestive and uplifting.

Why it works: weight that will not shift is rarely just about calories. Stress, blood-sugar swings, a sluggish liver and a cold, slow digestion all hold it in place — and this blend works on each of those at once.

The Eastern view: In TCM, a heavy, sluggish body is usually *Dampness* with a weak Spleen fire. The warming spices and ginseng rekindle the Spleen, while dandelion, oolong and hibiscus drain Damp and clear the Heat that builds up when things stagnate. Ayurveda would call it reducing *Kapha* and kindling *agni* — the same picture in different words.

How to brew: 1–2 teaspoons per cup of just-boiled water, covered, 5–7 minutes. Drink 1–2 cups a day, ideally 20 minutes before meals.

Ingredients: Oolong Tea, Hibiscus, Dandelion Leaf and Root, Holy Basil, Ashwagandha, Kudzu, Peppermint, Ginger, Cinnamon, Orange Peel, Ginseng and Black Pepper.

Size: 0.5 oz loose-leaf blend in a resealable black pouch with a window — about 10–15 cups.

Blended and 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:

- Contains caffeine (oolong) — avoid late in the day if you are sensitive.
- Hibiscus may lower blood pressure, and kudzu, ginseng and holy basil may lower blood sugar — take care with medication for either.
- Avoid during pregnancy and nursing.
- Ashwagandha may affect thyroid hormone — use with care if you take thyroid medication.
- Keep out of reach of children. Store sealed in a cool, dry, dark place.
