Preslow Tea - Heart & Pressure Support Blend

DESCRIPTION

Slow Down the Pressure

Preslow is our heart blend — a bright, floral, gently spiced tea built around the two herbs most studied for healthy blood pressure, hawthorn and hibiscus, and the calming herbs that ease the stress that pushes it up.

What's in the blend:

- **Hawthorn leaf & berry** — Europe's great heart herb, used for centuries to strengthen the heart and support healthy circulation.
- **Hibiscus** — shown in a controlled trial to lower blood pressure in adults with mildly raised readings.
- **Green tea** — rich in catechins that support the blood vessels.
- **Lavender, holy basil & ashwagandha** — calm the nervous system and the stress hormones that tighten the vessels.
- **Lemongrass, ginger & cinnamon** — warm, bright, and good for circulation.

Why it works: blood pressure rises with tight vessels, a heart working too hard, and a nervous system stuck on alert. This blend relaxes, strengthens and calms — all three.

The Eastern view: In TCM, high blood pressure is often *rising Liver Yang* — Heat and tension pushing upward, felt as headaches, a red face and irritability. Hibiscus, green tea and lavender cool and settle that rising energy, and hawthorn (*Sh?n Zh?*, ??) moves the Blood and clears stagnation. Ayurveda would call it calming *Pitta* and *Vata*.

How to brew: 1–2 teaspoons per cup of water just off the boil, covered, 5 minutes. Up to 3 cups a day.

Ingredients: Green Tea, Holy Basil, Hibiscus, Lemongrass, Cinnamon, Ginger, Hawthorn Leaf and Berry, Lavender, Ashwagandha.

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:

- If you take blood-pressure or heart medication (including digoxin), hawthorn and hibiscus can add to its effect — monitor your readings and work with your practitioner.
- Contains caffeine (green tea).
- Avoid during pregnancy and nursing.
- Ashwagandha may affect thyroid hormone.
- Keep out of reach of children. Store sealed in a cool, dry, dark place.
