Peppermint Drop Tea - Mint & Lemon Refresher

DESCRIPTION

Cool, Bright and Clear

Peppermint Drop is our refresher — the tea for a heavy head, a full stomach, a hot afternoon or a dull mood. It tastes like a mint-lemon candy, with nothing but plants in it.

What's in the blend:

- **Peppermint & spearmint** — cool and clearing for the head and the belly.
- **Lemongrass, lemon verbena, lemon balm & lemon peel** — four lemon notes that calm, brighten and aid digestion.
- **Green tea** — a gentle lift and clear focus.

Why it works: the mints relax digestion and open the head; the lemon herbs lift the mood and calm the nerves; green tea brings soft, steady alertness.

The Eastern view: Peppermint (*Bò He*) and green tea are both cool in Chinese medicine — they clear Heat from the head and eyes, and move stuck Liver Qi. That is why a cup clears a fuzzy, overheated head so well.

How to brew: 1–2 teaspoons per cup of water just off the boil, 4–5 minutes. For iced tea, brew double strength and pour over ice.

Ingredients: Peppermint, Spearmint, Lemongrass, Green Tea, Lemon Verbena, Lemon Balm and Lemon Peel.

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 a little caffeine (green tea).
- Peppermint may worsen heartburn in some people.
- Lemon balm 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.
