Good Health Tea - Daily Wellness Blend

DESCRIPTION

Seventeen Herbs, One Daily Cup

Good Health is our everyday tonic — the blend for people who want one cup a day that covers it all: steady energy, calm nerves, strong defences and a well-nourished body.

What's in the blend:

- **Adaptogens** — eleuthero, holy basil and gotu kola help the body adapt to stress and keep energy steady.
- **Immune support** — elderberries and vitamin-C-rich rose hips.
- **Calm & clarity** — chamomile, lemon balm and gotu kola, Ayurveda's herb for the mind.
- **Nourishment** — nettle and oat straw, two of the most mineral-rich herbs there are.
- **Flavour & digestion** — peppermint, spearmint, licorice, cinnamon and citrus peel.
- **Green tea & feverfew** — antioxidants and a gentle lift.

Why it works: good health is built every day, not rescued in a crisis. This blend feeds the body, calms the nerves and steadies the defences — a little of everything, every day.

The Eastern view: In TCM, everyday health rests on strong *Qi* and calm *Shen*. Eleuthero and licorice (*G?n C?o*, ??, "the great harmoniser" that appears in more classical formulas than any other herb) tonify the Qi; the mints and citrus peel keep it moving; chamomile and lemon balm settle the spirit.

How to brew: 1–2 teaspoons per cup of water just off the boil, covered, 5–7 minutes. One or two cups a day.

Ingredients: Green Tea, Gotu Kola, Holy Basil, Rose Hips, Feverfew, Peppermint, Spearmint, Chamomile, Eleuthero Root, Licorice, Oatstraw, Lemon Balm, Elderberries, Nettle, Cinnamon, Orange 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).
- Licorice can raise blood pressure in large, daily amounts — avoid if you have high blood pressure.
- Avoid during pregnancy (feverfew, licorice).
- Avoid with blood thinners (feverfew) and if allergic to the daisy family.
- Keep out of reach of children. Store sealed in a cool, dry, dark place.