Jasmine Green Tea - Floral Green Tea Blend

DESCRIPTION

Fragrant, Calm and Clear

Our Jasmine Green is the classic of southern China with a gentle twist: green tea scented with jasmine flowers, lifted with lemon balm and lemon peel, and warmed with a little ginger to keep it kind to the stomach.

What's in the blend:

- **Green tea** — catechins and L-theanine for calm, focused energy.
- **Jasmine flowers** — their scent alone has been shown to calm the nervous system.
- **Lemon balm & lemon peel** — bright, uplifting and calming.
- **Ginger** — warms the stomach and balances the coolness of green tea.

Why it works: it is a cup of calm alertness — the steadiness of green tea, the mood-lifting scent of jasmine, and the warmth of ginger.

The Eastern view: Green tea is cool and jasmine (*Mò Lì Hu?*) is warm — a classic TCM pairing that balances itself. Jasmine moves stuck Liver Qi and lifts the mood, green tea clears the head, and ginger protects the stomach.

How to brew: 1 teaspoon per cup, water at 80–85°C (not boiling), 2–3 minutes.

Ingredients: Green Tea, Jasmine, Lemon Balm, Lemon Peel, Ginger.

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 (green tea).
- 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.
