Bulk Dry Tea Blends

Updated December 7, 2023

Communi-Tea *Hot infusion*
Herb
Matricaria recutita (chamomile) flower
Cinnamomum spp. (cinnamon) bark
Cymbopogon citratus (lemongrass) leaf
Glycyrrhiza glabra (licorice) root
Citrus sinensis (orange) peel
Hibiscus sabdariffa (Hibiscus) flower
Stevia rebaudiana (stevia) leaf
CAUTION LACTATION CONTRAINDICATED – PREGNANCY

Allergy Tea *Hot infusion*
Herb
Urtica dioica (stinging nettle) leaf
Mentha spicata (spearmint) leaf
Ocimum sanctum (holy basil) leaf
Glycyrrhiza glabra (licorice) root
Solidago canadensis (goldenrod) flower
Althaea officinalis (marshmallow) root
Trigonella foenum (fenugreek) seeds
CAUTION PREGNANCY SHORT-TERM USE

Nutritive Tea *Cold infusion*
Herb
Mentha piperita (peppermint) leaf
Equisetum arvense (horsetail) aerial parts
Trifolium pratence (red clover) blossom
Medicago sativa (alfalfa) leaf
Urtica dioica (stinging nettle) leaf
Avena sativa (oat) straw
CAUTION PREGNANCY

Calming/Relaxing Blend *Hot infusion*
Herb
Stevia rebaudiana leaf
Lavandula officinalis (lavender) flower
Centella asiatica (gotu kola) leaf
Scutellaria lateriflora (skullcap) leaf
Nepeta cataria (catnip) leaf
Avena sativa (oat) seed head
Tilia vulgaris (linden) flower
Matricaria recutita (chamomile) flower
Melissa officinalis (lemon balm) leaf
CONTRAINDICATED PREGNANCY

Detox Tea *Hot infusion*
Herb
Stevia rebaudiana leaf
Carum carvi (caraway) seed
Schisandra chinensis berry
Galium aparine (cleavers) leaf
Taraxacum officinale (dandelion) leaf
Taraxacum officinale (dandelion) root
Arctium lappa (burdock) root
Sassafras albidium (sassafras) bark
Urtica dioica (stinging nettle) leaf
Trifolium pretense (red clover) blossom
Calendula officinalis (pot marigold) flower
CONTRAINDICATED PREGNANCY CAUTION LACTATION

Upper Respiratory Tea *Hot infusion*
Herb
Zingiber officinalis (ginger) root
Inula helenium (elecampane) root
Glycyrrhiza glabra (licorice) root
Thymus vulgaris (thyme) leaf
Sambucus nigra (elder) berry
Sambucus nigra (elder) flower
Angelica archangelica root
Tussilago farfara (coltsfoot) leaf
Trifolium pretense (red clover) blossom
CONTRAINDICATED PREGNANCY AND LACTATION

UTI (Urinary Tract) Compound *Hot infusion*
Herb
Thymus vulgaris (thyme) leaf
Juniperus communis (juniper) berry
Equisetum arvense (horsetail) aerial parts
Calendula officinalis (pot marigold) flower
Taraxacum officinale (dandelion) leaf
Althea officinalis (marshmallow) root
Galium aparine (cleavers) leaf
Solidago spp. (goldenrod) flower
Arctostaphylos uva-ursi (uva ursi) leaf
CAUTION PREGNANCY – SHORT-TERM USE ONLY CONTRAINDICATED IN FIRST TRIMESTER

Tummy Tea - *Hot infusion*
Herb
Cinnamomum spp. (cinnamon) bark
Mentha x piperita (peppermint) leaf
Mentha spicata (spearmint) leaf
Citrus sinensis (orange) peel
Foeniculum vulgare (fennel) seed
Melissa officinalis (lemon balm) leaf
Matricaria recutita (chamomile) flower
CAUTION PREGNANCY – SHORT-TERM USE CAUTION LACTATION