



<i>Item</i>	<i>Health Benefits</i>
Basil ~ organic	An antispasmodic, which suppresses muscle spasms, is beneficial to the heart, excellent detoxifying, anti-inflammatory effects and eases indigestion and tension, effective for bladder ailments, acne and stimulates circulation.
Black Ceylon ~ organic	Black tea
Blueberries ~ organic	Contains antioxidants
Calendula Flowers ~ organic	Cleans the lymph system, soothes digestive disorders and has antiseptic and antibacterial properties and is used to treat gum problems, mouth ulcers, after tooth extraction and can be used as a liver tonic.
Californian Poppy ~ organic	Is a mild sedative and relieves anxiety.
Caraway Seed ~ organic	An excellent digestive and antispasmodic, it relieves heartburn, flatulence, colic, nausea, bloating and cramps.
Cardamom Pods ~ organic	Helps with digestion, eases colic and flatulence.
Chamomile Flower ~ organic	This healing herb has effects of soothing, calming, unwinding, relieves stress, insomnia, tension and helps with digestion.
Chili Flakes ~ organic	Adds flavour
Chrysanthemum Flower	Assists with recovery from the flu, sore throat and reduces a fever.
Cinnamon ~ organic	An antispasmodic and warming against colds, chills, arthritis and rheumatism, it is a relaxing spice with antibacterial qualities, releasing fear, anxiety, despair, soothes menopausal symptoms and can be used as a tonic for kidneys and liver.
Cloves ~ organic	Have a mind-stimulating effect that improves memory, reduces muscular aches and pains and eases tension.
Cornflower ~ organic	Sweet, blue flower to add to taste.
Dandelion Root ~ organic	Packed with nutrients, including vitamins A, B, C, D, iron and potassium, primarily used for a detoxifier this root cleans liver and prostate, it is antirheumatic and is very good for the urinary tract.
Earl grey ~ organic	Fragrant black tea with bergamot oil.
Echinacea Root ~ organic	Boosts the immune system and is an extraordinary healing herb. It is anti-inflammatory, a natural antibiotic, anti-allergenic and detoxifies, heals wounds and stimulates the immune system. It cleans the blood, kidneys, lymph system, and liver.
Elderberries ~ organic	Good for treating the flu and helps a cough.
Elderflower ~ organic	Reduces fever, eases a cough, sore throat, hay fever and ear infections. Strengthen respiratory tract to resist allergic reactions.
English breakfast ~ organic	Black tea good for bases of blended tea and herbs.



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Fennel Seed ~ organic	A good detoxifier, diuretic, difestive, and cleansing herb. It will assist with heartburn, colic, sour belching, fatulence, constipation and settles cramps and bloating. Great gargle for sore throats.
Galangal Powder	Is part of the ginger family with a stronger aroma.
Garlic ~ organic	An antibacterial, antiviral and antifungal.
Ginger ~ organic	Settles nausea, stomach aches, the flu, it is de-stressing, comforting and warming. It soothes a fever and throbbing headache and eases muscles. Good for arthritis, rheumatism, osteoporosis and gout. It is also good for stimulating digestive enzymes for weight control and digestion.
Ginseng ~ organic	Is known as an aphrodisiac and nourishing stimulant, it can be found in some energy drinks. Increases energy, resistance to stress, calm nerves and increase mental ability. It also contains antioxidants known to prevent cellular aging. Regular use is known to produce results.
Green rooibos ~ organic	High in antioxidants, assists with nervous tension, allergies and digestive problems.
Guarana Powder	A stimulant containing about twice as much caffeine found in coffee beans, it is found to increase memory retention, alertness and physical endurance.
Heather Flowers	Mild sedative.
Honeybush ~ organic	Fragrant tea sweeter compared to Rooibos and used as a base for tea blends.
Jasmine Buds	Very fragrant and used in tea for scenting and flavouring. Good for depression, tension, anxiety and indigestion.
Jasmine Flowers	Very fragrant and used in tea for scenting and flavouring. Good for depression, tension, anxiety and indigestion.
Kola Nut powder	Brain food, it assists with memory, learning ability, concentration, as well as, cleanses the blood, stimulates the central nervous system, improves circulation, inspires clear thinking and better focus.
Korean (Panax) Ginseng ~ organic	Is known as an aphrodisiac and nourishing stimulant, it can be found in some energy drinks. Increases energy, resistance to stress, calm nerves and increase mental ability. It also contains antioxidants known to prevent cellular aging. Regular use is known to produce results.
Lavender ~ organic	Relaxes, calms, soothes, de-stresses, eases muscle tension and muscle spasms, and an antidepressant and has antiseptic, antibacterial and antifungal properties. Comforting and unwinding it is good before bed. Relieves headaches and nervousness.
Lemon Myrtle ~ organic	Used to add lemon flavour.
Lemon peel ~ organic	Used to add lemon flavour.
Lemongrass ~ organic	A calming effect and used to soothe, reduce stress, relieve anxiety and reduce muscle tension. Used as a sedative, diphoretic, diuretic and anti-



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	spasmodic.
Linden Flower	A calming effect and used to soothe, reduce stress, relieve anxiety and reduce muscle tension. Used as a sedative, diaphoretic, diuretic and anti-spasmodic.
Linden Leaf	Used as a sedative, diaphoretic, diuretic and anti-spasmodic.
Maca Power ~ organic	A stimulant and can also enhance libido.
Mallow flower	Excellent anti-inflammatory, builds and strengthens immunity, antiaging, and disease resistance.
Marjoram ~ organic	Great for soothing, calming and healing.
Nutmeg ~ organic	An antispasmodic and helps with indigestion.
Olive Leaf ~ organic	High in antioxidants, it helps with fighting a cold or flu and viral infections. Also, helps improve the whole circulatory system and lower blood sugar levels - very good for diabetes.
Orange Peel ~ organic	Assists with indigestion, constipation and bloating. Contains vitamins A, B, C and helps dissolve kidney stones.
Orange Segments ~ organic	Assists with indigestion, constipation and bloating. Contains vitamins A, B, C and helps dissolve kidney stones.
Oregano ~ organic	Used for flavouring.
Paprika (hot) ~ organic	A stimulant that increases blood flow and relieves muscle spasms.
Paprika (sweet) ~ organic	A stimulant that increases blood flow and relieves muscle spasms.
Parsley leaf ~ organic	Very high in multivitamins a half a cup contains more betacarotene than two large carrots, more vitamin C than two large oranges, 20 times more iron than one serving of liver and ten times more calcium than one cup of milk. A detoxifier, it helps in treatment for rheumatism, bladder infections, fever, nausea, and prostate problems, it also controls high blood pressure.
Passionflower ~ organic	A nerve conditioner, it improves circulation to nerves and is a mild sedative to relieve pain and muscle spasms. Helps with nervous tension, hyperactivity, irritability, twitching, anxiety, agitation, stress-induced disorders, tension headaches, nervous coughs, exhaustion.
Paw Paw leaf ~ organic	A very good concentrated source of vitamins, minerals, enzymes, proteins, chlorophyll and fibre.
Peppercorn (Black) ~ organic	Used for flavouring.
Peppercorn (White) ~ organic	Used for flavouring.
Peppermint ~ organic	Aromatic that is invigorating and stimulating that relieves stress without causing sleepiness. Helps with headaches and clears congestion, seasickness and nausea.



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Pink Rose Petal ~ organic	Very fragrant and used for scenting, but also to ease tension, over-tiredness, stress, anxiety, bladder ailments, indigestion, insomnia and menstrual tension.
Raspberry Leaf ~ organic	Used to treat indigestion, for mouth ulcers, aches and pains, flush kidneys and ease bladder ailments.
Red sage ~ organic	An antibacterial, anti inflammatory, antioxidant and antiseptic.
Rooibos ~ organic	Very high in antioxidants used as a good base for blends as well as alone, it is good for liver and bladder disorders, flu, coughs and colds, tension, ausea, headaches and as a health drink.
Rose buds	Very fragrant and used for scenting, but also to ease tension, over-tiredness, stress, anxiety, bladder ailments, indigestion, insomnia and menstrual tension.
Rose hip shekels ~ organic	High in nutrients, its known for healing the skin, but also is an antidepressant, antiviral, cleans the urinary tract, an aphrodisiac and a blood tonic.
Rosemary ~ organic	An energiser and is anti-inflammatory. Helps with rheumatism, arthritis, diabetes, chronic pain and long term stress. Very high in calcium. Good for depression, anxiety, to improve memory and conscentration.
Sage ~ organic	Clears the mind and brings clarity to thoughts. An antiseptic and antifungal, good for winter coughs, colds, flu and bronchitis, as well as for indigestion, irregularation menstruation, and helps memory.
Spearmint ~ organic	Soothing to nerves and excellent for motion sickness and to stop hiccoughs.
St John Wort ~ organic	Good for nervous problems, depression, anxiety, panic attacks, tension, sleeplessness, decresed energy, and vitality. Good tonic for liver and gall bladder.
Star Anise ~ organic	Very good digestive herb, used to treat heart burn, nausea and will ease hiccoughs.
Thyme ~ organic	Very good to combat agains infections, prevents colds, flus, and viral infections.
Vanilla Pods ~ organic	Excellent for flavouring.
Yerba Mate ~ organic	Energy tonic for physical and mental stimulation. It provides vital nutrients to the brain to improve memory and concentration.