

# HOMEMADE, ORGANIC & NATURALLY FLAVOURED TEA BLENDS



*hachichit  
albé*

# Tea

Rich in theine &  
L-theanine



Tea is an aromatic beverage that originates from the leaves of the **Camellia Sinensis plant**, known to be the most highly consumed drink in the world after water.

**Rich in theine and L-theanine**, as well as other nutrients and antioxidants, it is a guilt-free healthy drink that you can also consume during intermittent fasting. The best beneficial time to enjoy your tea is 20 minutes after meals.

## Tea vs coffee:

The kind of tea that is mostly concentrated in theine=caffeine is still 50% less concentrated than coffee; however, a cup of tea provides a harmless energy that lasts 4 hours longer than a cup of coffee.



# Tea

Rich in theine &  
L-theanine



## Benefits of Camellia Sinensis tea:

- Promotes weight loss
- Promotes heart health
- Lowers diabetes
- Lowers triglycerides
- Lowers blood pressure and bad cholesterol
- Combats inflammation
- Promotes healthy skin
- Maintains stronger bones
- Combats the formation of cavities and tooth decay
- Prevents hair loss
- Boosts immunity
- Reduces anxiety
- Increases alertness
- Helps prevent diseases such as Parkinson and Alzheimer
- Fights cancer cells







## **11 Camellia Sinensis tea blends and 1 Mate**

rich in caffeine and  
L-theanine

**ALKALIZE  
AWAKENING  
EYES CLOSED  
FOREVER YOUNG  
FORTRESS  
HEART POWER  
HIGH FREQUENCY  
MINDFUL  
PEACEMAKER  
PURIFY  
REBIRTH  
REVIVAL**

Swipe along for more about each blend  
and how to purchase it.





## Black tea

- Black Tea is made of fully oxidized Camellia Sinensis leaves.
- 1 cup of black tea contains from 60 to 90 milligrams of caffeine.
- Low in calories and rich in antioxidants, it is mostly known to decrease blood pressure and improve gut health and cholesterol levels.
- Find our certified organic Black tea in **Awakening, Mindful and Rebirth.**





This blend helps busy bees to go through a working day with a joyful energy.

### Ingredients:

English Breakfast / Bachelor's Button / Peach / Almond flower

### Main Benefits:

- Anxiety & stress relief
- Brain function improvement  
Brain cell regeneration & focus
- Fever & headache relief
- Insomnia prevention

### Other Benefits:

- Antibacterial – Breath & cavity control
- Antioxidant - Lowering risk of some cancers – Immunity
- Blood detox
- Cold, cough & flu relief
- Diabetes
- Digestion
- Elderly & child friendly
- Liver detox
- Muscle cramp relief -  
Anti-inflammatory
- Skincare
- Women's health – Menstruation, menopause & hot flushes





**Available in:**

- 1 Loose leaf bag:**  
37g of loose leaf for more than 37 cups,  
in a biodegradable plastic pouch - **9\$**
- 2 Tea bag pouch:**  
12 signature tea bags on bay sticks  
for many infusions or for 12 pots of tea,  
in a biodegradable plastic pouch - **18\$**
- 3 Tea bag gift box:**  
12 signature tea bags on bay sticks  
for many infusions or for 12 pots of tea,  
in a reusable 100% ecofriendly box - **22\$**







**MINDFUL**  
Black Tea Fusion

This blend is another “sage” cup of tea that helps you focus and concentrate on your work.

**Ingredients:**

Earl Grey / Sage / Marigold / Kumquat

**Main Benefits:**

- Antioxidant - Lowering risk of some cancers – Immunity
- Brain function improvement – Brain cell regeneration & focus
- Cardiovascular health & weight loss – Fat & cholesterol control

**Other Benefits:**

- Antibacterial – Breath & cavity control
- Blood detox
- Diabetes
- Digestion
- Fever & headache relief
- Liver detox
- Skincare
- Women’s health – Menstruation, menopause & hot flushes



**Available in:**

- 1 Loose leaf bag:**  
37g of loose leaf for more than 37 cups,  
in a biodegradable plastic pouch - **9\$**
- 2 Tea bag pouch:**  
12 signature tea bags on bay sticks  
for many infusions or for 12 pots of tea,  
in a biodegradable plastic pouch - **18\$**
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12 signature tea bags on bay sticks  
for many infusions or for 12 pots of tea,  
in a reusable 100% ecofriendly box - **22\$**





Hachichit Albé's rich version of Christmas tea that pleases all tastes.

### Ingredients:

Black tea/ Bergamot / Orange /  
Cardamom / Star Anise/ Cinnamon /  
Cloves / Ginger / Vanilla

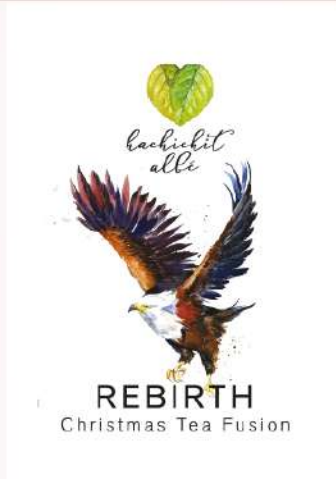
### Main Benefits:

- Antioxidant - Lowering risk of some cancers - Immunity
- Anxiety & stress relief
- Cold, cough & flu relief
- Digestion

### Other Benefits:

- Antibacterial - Breath & cavity control
- Aphrodisiac
- Blood detox
- Cardiovascular health & weight loss - Fat & cholesterol control
- Diabetes
- Elderly & child friendly
- Insomnia prevention
- Liver detox
- Muscle cramp relief - Anti-inflammatory





### Available in:

- 1 Loose leaf bag:**  
57g of loose leaf for more than 57 cups,  
in a biodegradable plastic pouch – **9\$**
- 2 Tea bag pouch:**  
12 signature tea bags on bay sticks  
for many infusions or for 12 pots of tea,  
in a biodegradable plastic pouch – **18\$**
- 3 Tea bag gift box:**  
12 signature tea bags on bay sticks  
for many infusions or for 12 pots of tea,  
in a reusable 100% ecofriendly box – **22\$**





## Green tea

- Green tea is generally made from slightly withering then deep steaming Camellia Sinensis leaves, three times a year. The first harvest is the finest.
- 1 cup of green tea contains from 35 to 70 milligrams of caffeine.
- It is super rich in **chlorophyll, polyphenols and antioxidants**, in particular EGCG which is 100 times more effective than Vitamin C and 25 times more than Vitamin E, protecting cells from harmful influence.
- We blend with the 4 different kinds of certified organic Japanese green teas: **Hojicha, Kukicha, Matcha and Sencha.**







## Green Tea kinds:

### 1. Kukicha:

- Made from steamed roots of Camellia Sinensis
- Low in theine
- Known to balance the body PH levels, help in grain digestion and provides 13 times more calcium than milk.
- Find it in **Alkalize**

### 2. Sencha:

- Made from steamed upper leaves of Camellia Sinensis
- Moderate in theine
- Known to fight chronic diseases, aid in weight loss, increase energy, strengthen immunity and stimulate cognitive activity.
- Find it in **Eyes Closed & Forever Young**

### 3. Hojicha:

- Made from roasted leaves, stems and twigs of the Camellia Sinensis
- Very low in theine
- Known to promote skin care, stress relief, heart health, digestion and metabolism boost.
- Find it in **Peacemaker**

### 4. Matcha :

- Made from steamed and crushed upper leaves of Camellia Sinensis
- Richer in theine and antioxidants than other green teas
- Known to promote heart health, liver protection, weight loss and brain function.
- Find it in **Heart Power**





A tea blend that connects us with the roots of the tea world, suitable for all ages at all times of the day.

### **Ingredients:**

Japanese Kukicha / Marigold / Chrysanthemum

### **Main Benefits:**

- Reduces acidity levels
- Weight loss
- Anti-inflammatory
- Skincare
- Women's health

### **Other Benefits:**

- Antibacterial – Breath & cavity control
- Antioxidant - Lowering risk of some cancers – Immunity
- Anxiety & stress relief
- Blood detox
- Cold, cough & flu relief
- Digestion
- Elderly & child friendly
- Fever & headache relief



**Available in:**

- 1 Loose leaf bag:**  
25g of loose leaf for more than 25 cups,  
in a biodegradable plastic pouch – **9\$**
- 2 Tea bag pouch:**  
12 signature tea bags on bay sticks  
for many infusions or for 12 pots of tea,  
in a biodegradable plastic pouch – **18\$**
- 3 Tea bag gift box:**  
12 signature tea bags on bay sticks  
for many infusions or for 12 pots of tea,  
in a reusable 100% ecofriendly box – **22\$**





Low in theine and best for oral hygiene before a sweet romantic night.

### **Ingredients:**

Sencha / Peppermint / Licorice / Butterfly Pea

### **Main Benefits:**

- Antioxidant - Lowering risk of some cancers - Immunity
- Digestion
- Intestinal disorder regulation
- Nausea & acid reflux

### **Other Benefits:**

- Antibacterial - Breath & cavity control
- Anxiety & stress relief
- Blood detox
- Brain function improvement - Brain cell regeneration & focus
- Cardiovascular health & weight loss - Fat & cholesterol control
- Cold, cough & flu relief
- Diabetes
- Fever & headache relief
- Perennial gull & kidney stone breaking
- Skincare
- Women's health - Menstruation, menopause & hot flushes





**Available in:**

- 1 Loose leaf bag:**  
20g of loose leaf for more than 20 cups,  
in a biodegradable plastic pouch – **9\$**
- 2 Tea bag pouch:**  
12 signature tea bags on bay sticks  
for many infusions or for 12 pots of tea,  
in a biodegradable plastic pouch – **18\$**
- 3 Tea bag gift box:**  
12 signature tea bags on bay sticks  
for many infusions or for 12 pots of tea,  
in a reusable 100% ecofriendly box – **22\$**





If you think green tea is bitter, it means you haven't tried a good Sencha yet. Drinking sugar-free tea every day will be the easiest and steadiest step to a healthy lifestyle.

### **Ingredients:**

Japanese Sencha / Hawthorn

### **Main Benefits:**

- Antioxidant - Lowering risk of some cancers – Immunity
- Cardiovascular health & weight loss
- Fat & cholesterol control

### **Other Benefits:**

- Antibacterial – Breath & cavity control
- Anxiety & stress relief
- Blood detox
- Brain function improvement – Brain cell regeneration & focus
- Diabetes
- Digestion
- Fever & headache relief
- Pregnancy safe
- Skincare
- Women's health – Menstruation, menopause & hot flushes



**Available in:**

- 1 Loose leaf bag:**  
23g of loose leaf for more than 23 cups,  
in a biodegradable plastic pouch - **9\$**
- 2 Tea bag pouch:**  
12 signature tea bags on bay sticks  
for many infusions or for 12 pots of tea,  
in a biodegradable plastic pouch - **18\$**
- 3 Tea bag gift box:**  
12 signature tea bags on bay sticks  
for many infusions or for 12 pots of tea,  
in a reusable 100% ecofriendly box - **22\$**







Hachichit Albé's vegan Matcha latte version!

**Ingredients:**

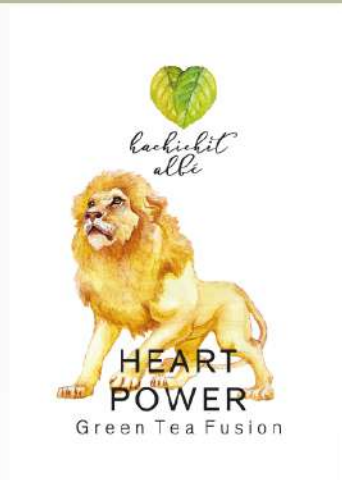
Matcha / Milk Thistle

**Main Benefits:**

- Brain function improvement – Brain cell regeneration & focus
- Cardiovascular health & weight loss – Fat & cholesterol control
- Diabetes
- Women's health – Menstruation, menopause & hot flushes

**Other Benefits:**

- Antibacterial – Breath & cavity control
- Antioxidant - Lowering risk of some cancers – Immunity
- Anxiety & stress relief
- Blood detox
- Cold, cough & flu relief
- Elderly & child friendly
- Fever & headache relief
- Skincare



**Available in:**

- 1 Loose leaf bag:**  
20g of loose leaf for more than 20 cups,  
in a biodegradable plastic pouch – **9\$**
- 2 Tea bag pouch:**  
12 signature tea bags on bay sticks  
for many infusions or for 12 pots of tea,  
in a biodegradable plastic pouch – **18\$**
- 3 Tea bag gift box:**  
12 signature tea bags on bay sticks  
for many infusions or for 12 pots of tea,  
in a reusable 100% ecofriendly box – **22\$**





Spiced up the Hachichit Albé way, this balanced blend promotes peace and stability.

### Ingredients:

Hojicha / Tulsi / Red peppercorn / Grapefruit

### Main Benefits:

- Antibacterial – Breath & cavity control
- Arthritis relief
- Anxiety & stress relief
- Cardiovascular health & weight loss – Fat & cholesterol control

### Other Benefits:

- Antioxidant - Lowering risk of some cancers – Immunity
- Blood detox
- Brain function improvement – Brain cell regeneration & focus
- Cold, cough & flu relief
- Diabetes
- Digestion
- Elderly & child friendly
- Fever & headache relief
- Liver detox
- Skincare
- Women's health – Menstruation, menopause & hot flushes





**Available in:**

- 1 Loose leaf bag:**  
28g of loose leaf for more than 28 cups,  
in a biodegradable plastic pouch – **9\$**
- 2 Tea bag pouch:**  
12 signature tea bags on bay sticks  
for many infusions or for 12 pots of tea,  
in a biodegradable plastic pouch – **18\$**
- 3 Tea bag gift box:**  
12 signature tea bags on bay sticks  
for many infusions or for 12 pots of tea,  
in a reusable 100% ecofriendly box – **22\$**





## Red tea

- Red tea is similar to black tea but a bit less oxidized (slightly less heat added). It is a sweet, smooth and light tea with a long and smooth 'malty note of honey and chocolate' aftertaste.
- 1 cup of red tea contains from 50 to 80 milligrams of caffeine.
- Low in calories and rich in antioxidants, it is mostly known to decrease blood pressure and improve gut health and cholesterol levels.
- Find our certified organic red tea in **High Frequency.**







Thyme time! A yummy blend that helps you reach high states of awareness.

**Ingredients:**

Yunnan red tea / Red Clover flower / Thyme

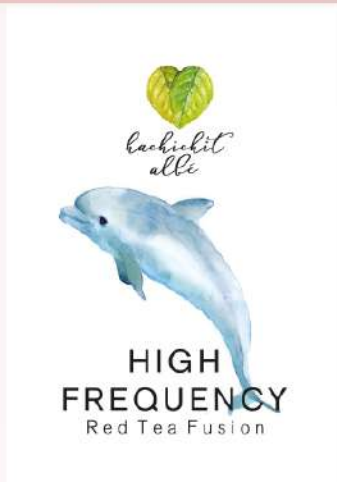
**Main Benefits:**

- Brain function improvement – Brain cell regeneration & focus
- Diabetes
- Liver detox
- Women’s health – Menstruation, menopause & hot flushes

**Other Benefits:**

- Antibacterial – Breath & cavity control
- Antioxidant - Lowering risk of some cancers – Immunity
- Anxiety & stress relief
- Blood detox
- Cardiovascular health & weight loss – Fat & cholesterol control
- Digestion
- Fever & headache relief
- Insomnia prevention





**Available in:**

- 1 Loose leaf bag:**  
30g of loose leaf for more than 30 cups,  
in a biodegradable plastic pouch – **9\$**
- 2 Tea bag pouch:**  
12 signature tea bags on bay sticks  
for many infusions or for 12 pots of tea,  
in a biodegradable plastic pouch – **18\$**
- 3 Tea bag gift box:**  
12 signature tea bags on bay sticks  
for many infusions or for 12 pots of tea,  
in a reusable 100% ecofriendly box – **22\$**





## White tea

- White tea is made with young Camellia Sinensis leaves or buds, usually dried with no steaming or oxidization
- 1 cup of white tea contains from 30 to 55 milligrams of caffeine making it the mildest in theine amongst other teas.
- Less accentuated with taste, yet loaded with nutrients and L-theanine, it is mostly known to protect against Osteoporosis and tooth decay, help in losing weight and promote heart health.
- Find our certified organic white tea in **Fortress** and **Purify**.







A robust energizing tea blend that carries the freshness of the famous Lebanese Cedar forests sweetened by roses.

### **Ingredients:**

White tea Silver Needle / Cedar leaf / Rose bud

### **Main Benefits:**

- Cardiovascular health & weight loss – Fat & cholesterol control
- Cold, cough & flu relief
- Fever & headache relief
- Skincare

### **Other Benefits:**

- Antibacterial – Breath & cavity control
- Antioxidant – Lowering risk of some cancers – Immunity
- Anxiety & stress relief
- Brain function improvement – Brain cell regeneration & focus
- Digestion
- Elderly & child friendly
- Muscle cramp relief – Anti-inflammatory
- Nausea & acid reflux
- Women's health – Menstruation, menopause & hot flushes





**Available in:**

- 1 Loose leaf bag:**  
23g of loose leaf for more than 23 cups,  
in a biodegradable plastic pouch – **9\$**
- 2 Tea bag pouch:**  
12 signature tea bags on bay sticks  
for many infusions or for 12 pots of tea,  
in a biodegradable plastic pouch – **18\$**
- 3 Tea bag gift box:**  
12 signature tea bags on bay sticks  
for many infusions or for 12 pots of tea,  
in a reusable 100% ecofriendly box – **22\$**





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allé*



**PURIFY**  
White Tea Fusion

This blend is all about self-love. It promotes feel excellent, light as a feather, white as snow, and as beautiful as a swan floating above all impurities that cause disruptive feelings.

### **Ingredients:**

White tea Peony / Myrtle leaf & fruit / Agastache / Carob / Camellia Sinensis bud

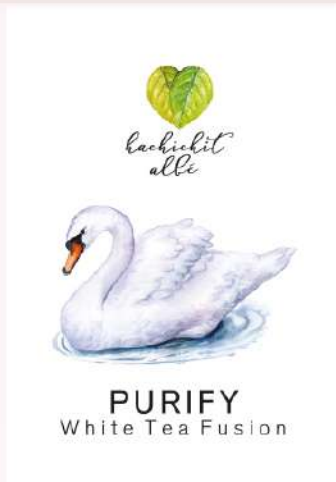
### **Main Benefits:**

- Fever & headache relief
- Nausea & acid reflux
- Cold, cough & flu relief
- Digestion

### **Other Benefits:**

- Antibacterial – Breath & cavity control
- Antioxidant - Lowering risk of some cancers – Immunity
- Anxiety & stress relief
- Blood detox
- Brain function improvement – Brain cell regeneration & focus
- Cardiovascular health & weight loss – Fat & cholesterol control
- Diabetes
- Intestinal disorder regulation
- Liver detox
- Muscle cramp relief – Anti-inflammatory
- Skincare
- Women's health – Menstruation, menopause & hot flushes





### Available in:

- 1 Loose leaf bag:**  
34g of loose leaf for more than 34 cups,  
in a biodegradable plastic pouch - **9\$**
- 2 Tea bag pouch:**  
12 signature tea bags on bay sticks  
for many infusions or for 12 pots of tea,  
in a biodegradable plastic pouch - **18\$**
- 3 Tea bag gift box:**  
12 signature tea bags on bay sticks  
for many infusions or for 12 pots of tea,  
in a reusable 100% ecofriendly box - **22\$**







## Mate

- Yerba Mate is a South American holly tree that just like Camellia Sinensis is rich in both theine and L-theanine.
- For hundreds of years, mate has been consumed for its **rejuvenating effects**.

Find our certified organic mate in **Revival**.





Our Yerba Mate comes from Argentina and is blended with other elevating herb species, the way they drink it in The Jabal.

### **Ingredients:**

Mate / Linden / Lemon Balm / Green Cardamom / Jujube

### **Main Benefits:**

- Antioxidant – Lowering risk of some cancers – Immunity
- Anxiety & stress relief
- Brain function improvement – Brain cell regeneration & focus
- Cardiovascular health & weight loss – Fat & cholesterol control

### **Other Benefits:**

- Antibacterial – Breath & cavity control
- Blood detox
- Cold, cough & flu relief
- Diabetes
- Digestion
- Fever & headache relief
- Liver detox
- Muscle cramp relief – Anti-inflammatory
- Nausea & acid reflux
- Women's health – Menstruation, menopause & hot flushes





### Available in:

- 1 Loose leaf bag:**  
60g of loose leaf for more than 60 cups,  
in a biodegradable plastic pouch – **9\$**
- 2 Tea bag pouch:**  
12 signature tea bags on bay sticks  
for many infusions or for 12 pots of tea,  
in a biodegradable plastic pouch – **18\$**
- 3 Tea bag gift box:**  
12 signature tea bags on bay sticks  
for many infusions or for 12 pots of tea,  
in a reusable 100% ecofriendly box – **22\$**





# Herbal Teas

**24 different caffeine free organic herbal tea blends**, made of real stems, leaves, barks, roots, flowers, spices and fruits, collected from local and international organic farmers who follow the EU standard of herb production.

They are known to promote the healthiest lifestyle.

Although you can drink any of the following list at any time of your day and enjoy its long benefits list, we categorized them in 3 groups that bring out best their specifications:

- Energizing herbal teas
- Relaxing herbal teas
- Day & Night herbal teas

Choose them as loose leaves, or wrapped in our signature tea bag.





## Energizing herbal teas

Our energizing herbal teas are made with **organic theine-free** vitalizing herbs, fruits and spices known to clean the blood, burn fat, activate your body parts and reload your system with nutrients.

**Best time to enjoy:**  
Anytime instead of caffeinated drinks.





## 12 Energizing herbal tea blends

**CELEBRATION**

**CHERRY ON TOP**

**ELIXIR**

**ENERGIZE**

**FLAME**

**FOCUS**

**FULL MOON**

**IMMUNITY**

**MEMORY LANE**

**NO PROBLEM**

**SOBRIETY**

**WONDERLAND**

Swipe along for more about  
each blend and how to purchase it.





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**CELEBRATION**  
Stimulant Herbal

The color, the taste and the richness of this blend is worth celebrating every event with.

### **Ingredients:**

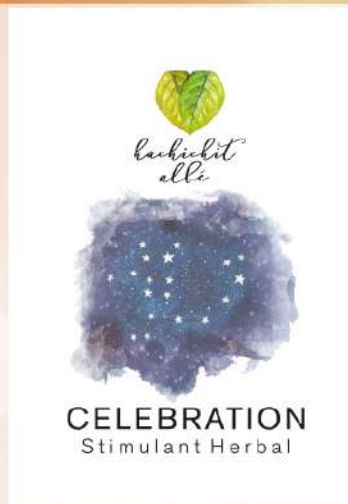
Nettle / Rosehip / Beetroot / Star Anise / Daisy

### **Main Benefits:**

- Antibacterial – Breath & cavity control
- Blood detox
- Cardiovascular health & weight loss – Fat & cholesterol control
- Liver detox

### **Other Benefits:**

- Antioxidant – Lowering risk of some cancers – Immunity
- Anxiety & stress relief
- Aphrodisiac
- Cold, cough & flu relief
- Digestion
- Elderly & child friendly
- Intestinal disorder regulation
- Skincare
- Women's health – Menstruation, menopause & hot flushes

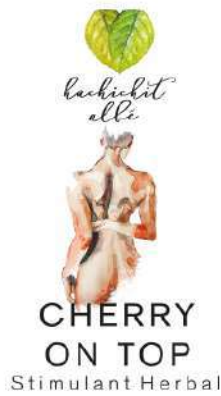


### Available in:

- 1 Loose leaf bag:**  
26g of loose leaf for more than 26 cups,  
in a biodegradable plastic pouch - **9\$**
- 2 Tea bag pouch:**  
12 signature tea bags on bay sticks  
for many infusions or for 12 pots of tea,  
in a biodegradable plastic pouch - **18\$**
- 3 Tea bag gift box:**  
12 signature tea bags on bay sticks  
for many infusions or for 12 pots of tea,  
in a reusable 100% ecofriendly box - **22\$**







Sipping on this blend's taste and feel takes you to a tribal ceremony where you let go of your fears, get in touch with your body and celebrate life, mainly as a woman, but also as a man.

### Ingredients:

Damiana / Palo Santo / Cherry stick & fruit

### Main Benefits:

- Antioxidant - Lowering risk of some cancers - Immunity
- Anxiety & stress relief
- Aphrodisiac
- Intestinal disorder regulation

### Other Benefits:

- Antibacterial - Breath & cavity control
- Blood detox
- Brain function improvement - Brain cell regeneration & focus
- Cardiovascular health & weight loss - Fat & cholesterol control
- Digestion
- Fever & headache relief
- Liver detox
- Muscle cramp relief - Anti-inflammatory
- Nausea & acid reflux
- Women's health - Menstruation, menopause & hot flushes



### Available in:

- 1 Loose leaf bag:**  
30g of loose leaf for more than 30 cups,  
in a biodegradable plastic pouch - **9\$**
- 2 Tea bag pouch:**  
12 signature tea bags on bay sticks  
for many infusions or for 12 pots of tea,  
in a biodegradable plastic pouch - **18\$**
- 3 Tea bag gift box:**  
12 signature tea bags on bay sticks  
for many infusions or for 12 pots of tea,  
in a reusable 100% ecofriendly box - **22\$**







This blend is like a magic energetic potion that works on every part of the body and is delicious at the same time.

### **Ingredients:**

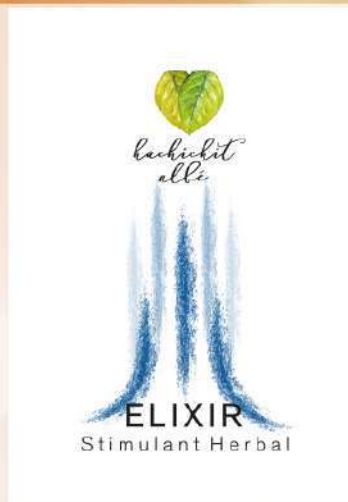
Rooibos / Tulsi / Ceylon Cinnamon / Apple

### **Main Benefits:**

- Blood detox
- Cold, cough & flu relief
- Intestinal disorder regulation
- Muscle cramp relief –  
Anti - inflammatory

### **Other Benefits:**

- Antibacterial – Breath & cavity control
- Antioxidant - Lowering risk of some cancers – Immunity
- Anxiety & stress relief
- Cardiovascular health & weight loss –  
Fat & cholesterol control
- Diabetes
- Digestion
- Elderly & child friendly
- Pregnancy safe
- Skincare
- Women's health – Menstruation,  
menopause & hot flushes



### Available in:

- 1 Loose leaf bag:**  
28g of loose leaf for more than 28 cups,  
in a biodegradable plastic pouch - **9\$**
- 2 Tea bag pouch:**  
12 signature tea bags on bay sticks  
for many infusions or for 12 pots of tea,  
in a biodegradable plastic pouch - **18\$**
- 3 Tea bag gift box:**  
12 signature tea bags on bay sticks  
for many infusions or for 12 pots of tea,  
in a reusable 100% ecofriendly box - **22\$**







This blend helped me cure from reflux and get rid of daily medications. It is known to boost energy levels and satisfy caffeine cravings.

### **Ingredients:**

Ginger / Lemon / Turmeric / Black peppercorn / Lemon Verbena

### **Main Benefits:**

- Brain function improvement – Brain cell regeneration & focus
- Diabetes
- Intestinal disorder regulation
- Liver detox

### **Other Benefits:**

- Antibacterial – Breath & cavity control
- Antioxidant - Lowering risk of some cancers – Immunity
- Anxiety & stress relief
- Blood detox
- Cold, cough & flu relief
- Digestion
- Elderly & child friendly
- Fever & headache relief
- Muscle cramp relief – Anti-inflammatory
- Pregnancy safe
- Skincare
- Women's health – Menstruation, menopause & hot flushes

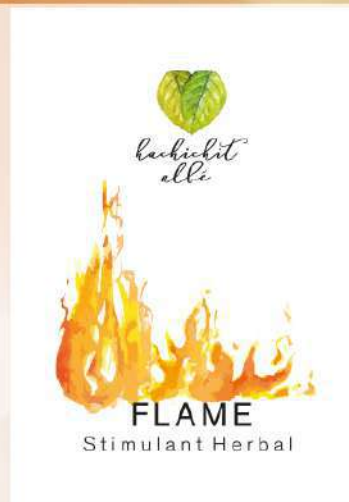


### Available in:

- 1 Loose leaf bag:**  
33g of loose leaf for more than 33 cups,  
in a biodegradable plastic pouch – **9\$**
- 2 Tea bag pouch:**  
12 signature tea bags on bay sticks  
for many infusions or for 12 pots of tea,  
in a biodegradable plastic pouch – **18\$**
- 3 Tea bag gift box:**  
12 signature tea bags on bay sticks  
for many infusions or for 12 pots of tea,  
in a reusable 100% ecofriendly box – **22\$**







Burning impurities like fire, this sweet blend leaves the body energetic and healthy.

**Ingredients:**

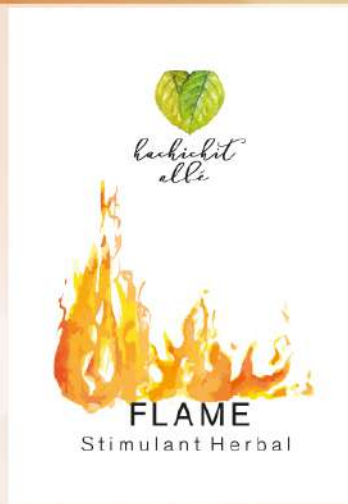
Ceylon Cinnamon / Saigon Cinnamon

**Main Benefits:**

- Cardiovascular health & weight loss – Fat & cholesterol control
- Diabetes
- Muscle cramp relief – Anti -inflammatory

**Other Benefits:**

- Antibacterial – Breath & cavity control
- Antioxidant - Lowering risk of some cancers – Immunity
- Anxiety & stress relief
- Blood detox
- Aphrodisiac
- Brain function improvement – Brain cell regeneration & focus
- Insomnia prevention
- Women's health – Menstruation, menopause & hot flushes



**Available in:**

- 1 Loose leaf bag:**  
42g of loose leaf for more than 42 cups, in a biodegradable plastic pouch – **9\$**
- 2 Tea bag pouch:**  
12 signature tea bags on bay sticks for many infusions or for 12 pots of tea, in a biodegradable plastic pouch – **18\$**
- 3 Tea bag gift box:**  
12 signature tea bags on bay sticks for many infusions or for 12 pots of tea, in a reusable 100% ecofriendly box – **22\$**







Moringa is known to have the same effect of green tea without theine/caffeine in it. Our mix adds taste and benefits to your experience.

### **Ingredients:**

Moringa leaves / Mango leaves / Lemongrass / Goji berry

### **Main Benefits:**

- Brain function improvement – Brain cell regeneration & focus
- Cardiovascular health & weight loss – Fat & cholesterol control
- Diabetes
- Perennial gull & kidney stone breaking

### **Other Benefits:**

- Antibacterial – Breath & cavity control
- Antioxidant - Lowering risk of some cancers – Immunity
- Anxiety & stress relief
- Blood detox
- Digestion
- Elderly & child friendly
- Intestinal disorder regulation
- Liver detox
- Nausea & acid reflux
- Pregnancy safe
- Skincare
- Women's health – Menstruation, menopause & hot flushes



### Available in:

- 1 Loose leaf bag:**  
25g of loose leaf for more than 25 cups,  
in a biodegradable plastic pouch – **9\$**
- 2 Tea bag pouch:**  
12 signature tea bags on bay sticks  
for many infusions or for 12 pots of tea,  
in a biodegradable plastic pouch – **18\$**
- 3 Tea bag gift box:**  
12 signature tea bags on bay sticks  
for many infusions or for 12 pots of tea,  
in a reusable 100% ecofriendly box – **22\$**







*backhit  
allé*



**FULL MOON**  
Stimulant Herbal

This herbal gives you the energy that you need to spend the night awake till the morning. And yes, it is caffeine free.

### **Ingredients:**

White Ginseng / Guava leaf & fruit /  
Apple / Oregano

### **Main Benefits:**

- Brain function improvement – Brain cell regeneration & focus
- Diabetes
- Intestinal disorder regulation
- Liver detox

### **Other Benefits:**

- Antibacterial – Breath & cavity control
- Antioxidant - Lowering risk of some cancers – Immunity
- Anxiety & stress relief
- Aphrodisiac
- Cardiovascular health & weight loss – Fat & cholesterol control
- Digestion
- Nausea & acid reflux
- Skincare
- Women's health – Menstruation, menopause & hot flashes

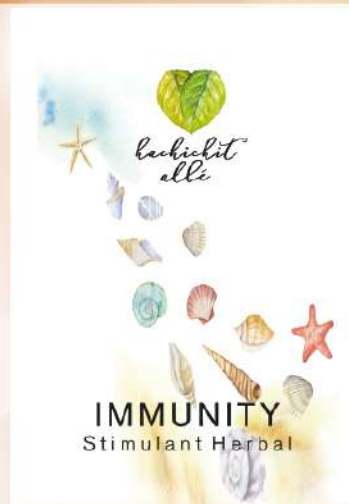


**Available in:**

- 1 Loose leaf bag:**  
31g of loose leaf for more than 31 cups, in a biodegradable plastic pouch - **9\$**
- 2 Tea bag pouch:**  
12 signature tea bags on bay sticks for many infusions or for 12 pots of tea, in a biodegradable plastic pouch - **18\$**
- 3 Tea bag gift box:**  
12 signature tea bags on bay sticks for many infusions or for 12 pots of tea, in a reusable 100% ecofriendly box - **22\$**







This blend is like a walk on a sea shore full of shells; with every sip you find a new taste. All of its ingredients are immunity boosters.

### **Ingredients:**

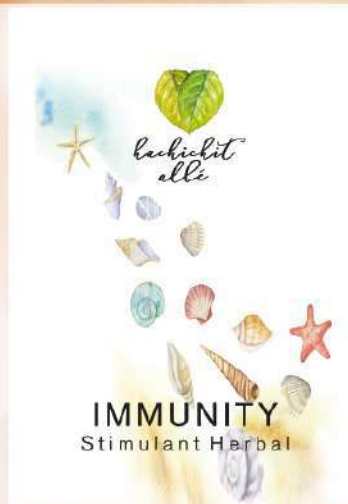
Rooibos / Echinacea / Orange / Cacao / Marigold

### **Main Benefits:**

- Cardiovascular health & weight loss – Fat & cholesterol control
- Cold, cough & flu relief
- Liver detox
- Skincare

### **Other Benefits:**

- Antibacterial – Breath & cavity control
- Antioxidant - Lowering risk of some cancers – Immunity
- Blood detox
- Diabetes
- Digestion
- Elderly & child friendly
- Insomnia prevention
- Muscle cramp relief – Anti -inflammatory
- Pregnancy safe

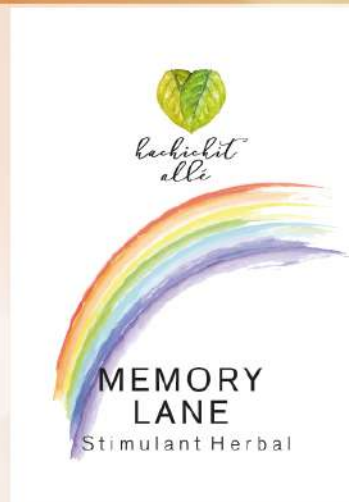


### Available in:

- 1 Loose leaf bag:**  
48g of loose leaf for more than 48 cups,  
in a biodegradable plastic pouch – **9\$**
- 2 Tea bag pouch:**  
12 signature tea bags on bay sticks  
for many infusions or for 12 pots of tea,  
in a biodegradable plastic pouch – **18\$**
- 3 Tea bag gift box:**  
12 signature tea bags on bay sticks  
for many infusions or for 12 pots of tea,  
in a reusable 100% ecofriendly box – **22\$**







Remember the best times of your life and forget the rest!

### **Ingredients:**

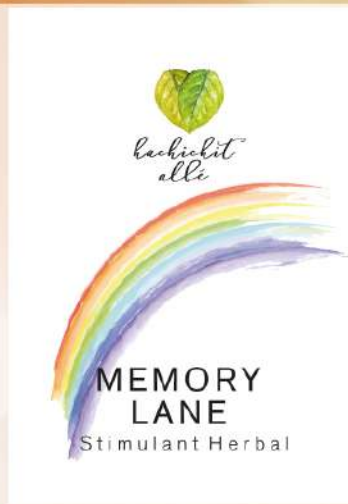
Red Ginseng / Lemon Balm / Fennel seeds / Oat tops

### **Main Benefits:**

- Anxiety & stress relief
- Brain function improvement – Brain cell regeneration & focus
- Liver detox
- Women's health – Menstruation, menopause & hot flushes

### **Other Benefits:**

- Antibacterial – Breath & cavity control
- Antioxidant - Lowering risk of some cancers – Immunity
- Aphrodisiac
- Cardiovascular health & weight loss – Fat & cholesterol control
- Cold, cough & flu relief
- Diabetes
- Digestion
- Intestinal disorder regulation
- Nausea & acid reflux
- Skincare

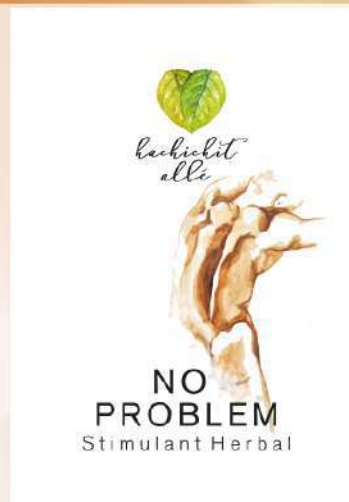


### Available in:

- 1 Loose leaf bag:**  
31g of loose leaf for more than 31 cups,  
in a biodegradable plastic pouch - **9\$**
- 2 Tea bag pouch:**  
12 signature tea bags on bay sticks  
for many infusions or for 12 pots of tea,  
in a biodegradable plastic pouch - **18\$**
- 3 Tea bag gift box:**  
12 signature tea bags on bay sticks  
for many infusions or for 12 pots of tea,  
in a reusable 100% ecofriendly box - **22\$**







Who hasn't heard of the famous aphrodisiac Zallouh root that grows on the high peaks of the Lebanese/Syrian mountains? For hundreds of years, it has been used to heal asthma and to help teenagers focus on their studies.

### **Ingredients:**

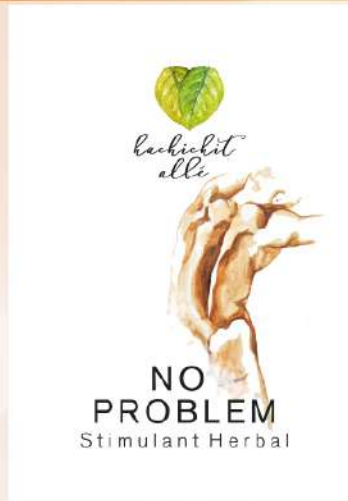
Zallouh / Turmeric / Cinnamon / Cloves / Fennel / Black peppercorn / Star Anise

### **Main Benefits:**

- Antioxidant - Lowering risk of some cancers - Immunity
- Aphrodisiac
- Brain function improvement - Brain cell regeneration & focus
- Women's health - Menstruation, menopause & hot flushes

### **Other Benefits:**

- Antibacterial - Breath & cavity control
- Anxiety & stress relief
- Cardiovascular health & weight loss - Fat & cholesterol control
- Cold, cough & flu relief
- Diabetes
- Digestion
- Intestinal disorder regulation
- Skincare



**Available in:**

- 1 Loose leaf bag:**  
26g of loose leaf for more than 26 cups, in a biodegradable plastic pouch – **9\$**
- 2 Tea bag pouch:**  
12 signature tea bags on bay sticks for many infusions or for 12 pots of tea, in a biodegradable plastic pouch – **18\$**
- 3 Tea bag gift box:**  
12 signature tea bags on bay sticks for many infusions or for 12 pots of tea, in a reusable 100% ecofriendly box – **22\$**







As best solution for a hangover, this blend is antibacterial, helps in brain functioning, cooling body temperature regulating intestinal disorders and much more.

### **Ingredients:**

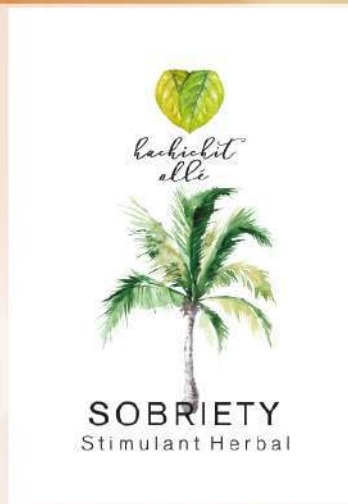
Hibiscus / Cumin / Ginger / Red Clover

### **Main Benefits:**

- Antibacterial – Breath & cavity control
- Cooling body temperature
- Brain function improvement – Brain cell regeneration & focus
- Intestinal disorder regulation

### **Other Benefits:**

- Antioxidant - Lowering risk of some cancers – Immunity
- Anxiety & stress relief
- Aphrodisiac
- Cardiovascular health & weight loss – Fat & cholesterol control
- Cold, cough & flu relief
- Diabetes
- Digestion
- Liver detox
- Muscle cramp relief – Anti - inflammatory
- Skincare
- Women's health – Menstruation, menopause & hot flushes



### Available in:

- 1 Loose leaf bag:**  
28g of loose leaf for more than 28 cups,  
in a biodegradable plastic pouch - **9\$**
- 2 Tea bag pouch:**  
12 signature tea bags on bay sticks  
for many infusions or for 12 pots of tea,  
in a biodegradable plastic pouch - **18\$**
- 3 Tea bag gift box:**  
12 signature tea bags on bay sticks  
for many infusions or for 12 pots of tea,  
in a reusable 100% ecofriendly box - **22\$**







WONDERLAND  
Stimulant Herbal

When you get to know more about the herbs and gaze deeper into the properties of mushrooms, you cannot but marvel at the richness of mother earth.

### Ingredients:

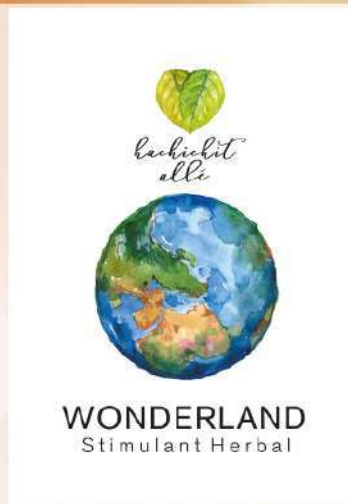
Red grape leaves / Bay leaves / Lemon Verbena / Schisandra / Strawberry / Boletus & Porcini mushrooms / Goji Berry

### Main Benefits:

- Antioxidant - Lowering risk of some cancers - Immunity
- Fever & headache relief
- Intestinal disorder regulation
- Muscle cramp relief - Anti-inflammatory

### Other Benefits:

- Antibacterial - Breath & cavity control
- Anxiety & stress relief
- Aphrodisiac
- Blood detox
- Brain function improvement - Brain cell regeneration & focus
- Cardiovascular health & weight loss - Fat & cholesterol control
- Cold, cough & flu relief
- Diabetes
- Digestion
- Elderly & child friendly
- Insomnia prevention
- Skincare
- Women's health - Menstruation, menopause & hot flushes



### Available in:

- 1 Loose leaf bag:**  
23g of loose leaf for more than 23 cups,  
in a biodegradable plastic pouch - **9\$**
- 2 Tea bag pouch:**  
12 signature tea bags on bay sticks  
for many infusions or for 12 pots of tea,  
in a biodegradable plastic pouch - **18\$**
- 3 Tea bag gift box:**  
12 signature tea bags on bay sticks  
for many infusions or for 12 pots of tea,  
in a reusable 100% ecofriendly box - **22\$**







## Relaxing herbal teas

Our relaxing herbal teas are made with organic theine-free soothing herbs, flowers and barks, known to help you relax during the day or get ready to welcome beautiful dreams and a comfortable deep restoring sleep.

### **Best time to enjoy:**

Whenever you feel like relaxing  
or sleeping.





## Relaxing herbal tea blends

We have 7 purely  
relaxing herbal tea blends,  
and 5 more that are both relaxing for  
the body and boosting for mind work;  
we call them **Day & Night** herbal teas.

**BLOSSOM**

**DEEP SLEEP**

**DREAMER**

**EASE BREEZE**

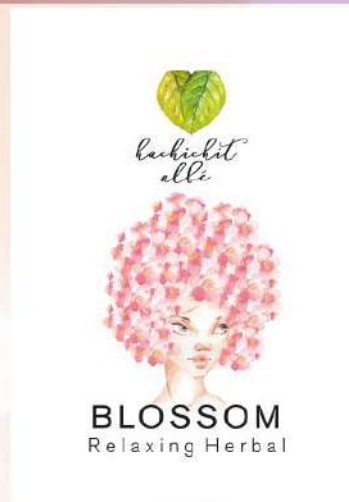
**INSPIRATION**

**RELIEF**

**SWEET WOOD**

Swipe along for more about each blend  
and how to purchase it.





The “zhourat” version of Hachichit Albé is filled with flowers turning your head into a blossoming Medusa head! So good for the hair...

### **Ingredients:**

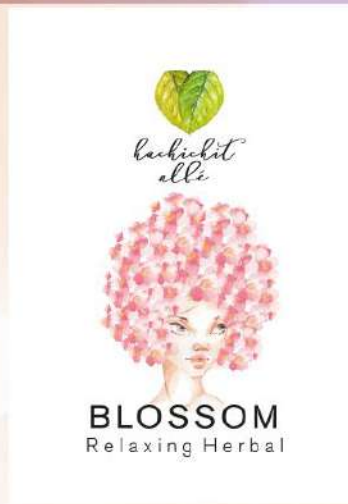
Linden / German Chamomile / Rosemary / Yarrow / Rose / Daisy / Calamint / Dandelion / Myrtle leaves

### **Main Benefits:**

- Brain function improvement – Brain cell regeneration & focus
- Cold, cough & flu relief
- Muscle cramp relief – Anti - inflammatory
- Skincare

### **Other Benefits:**

- Antibacterial – Breath & cavity control
- Antioxidant - Lowering risk of some cancers – Immunity
- Anxiety & stress relief
- Diabetes
- Digestion
- Elderly & child friendly
- Insomnia prevention
- Intestinal disorder regulation
- Women’s health – Menstruation, menopause & hot flushes



**Available in:**

- 1 Loose leaf bag:**  
33g of loose leaf for more than 33 cups,  
in a biodegradable plastic pouch – **9\$**
- 2 Tea bag pouch:**  
12 signature tea bags on bay sticks  
for many infusions or for 12 pots of tea,  
in a biodegradable plastic pouch – **18\$**
- 3 Tea bag gift box:**  
12 signature tea bags on bay sticks  
for many infusions or for 12 pots of tea,  
in a reusable 100% ecofriendly box – **22\$**







This blend is for the kings of the night so that no mosquito or worry could trouble their sleep.

### **Ingredients:**

Chamomile / Roman Chamomile / Red Clover / Sage / Mastic

### **Main Benefits:**

- Cardiovascular health & weight loss – fat & cholesterol control
- Insomnia prevention
- Muscle cramp relief – Anti - inflammatory
- Women's Health – Menstruation, menopause & hot flushes

### **Other Benefits:**

- Antibacterial – Breath & cavity control
- Antioxidant - Lowering risk of some cancers – Immunity
- Anxiety & stress relief
- Blood detox
- Brain function improvement – Brain cell regeneration & focus
- Cold, cough & flu relief
- Diabetes
- Digestion
- Elderly & child friendly
- Intestinal disorder regulation
- Skincare

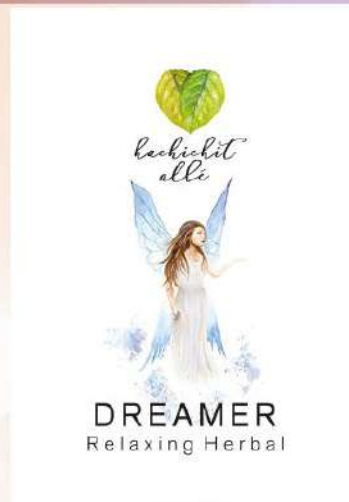


**Available in:**

- 1 Loose leaf bag:**  
30g of loose leaf for more than 30 cups,  
in a biodegradable plastic pouch – **9\$**
- 2 Tea bag pouch:**  
12 signature tea bags on bay sticks  
for many infusions or for 12 pots of tea,  
in a biodegradable plastic pouch – **18\$**
- 3 Tea bag gift box:**  
12 signature tea bags on bay sticks  
for many infusions or for 12 pots of tea,  
in a reusable 100% ecofriendly box – **22\$**







“You may say I am a dreamer”  
but yes olive leaves are super healthy  
and tasty in brews when blended the  
Hachichit Albé way!

### **Ingredients:**

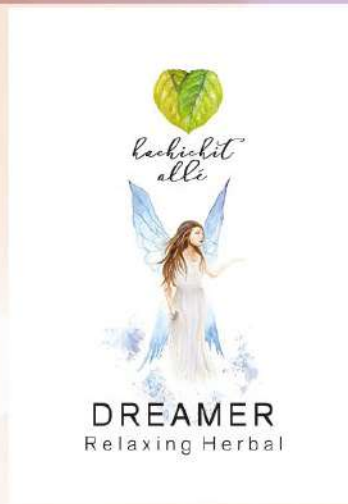
Olive leaves / Lavender / German  
Chamomile / Jasmine

### **Main Benefits:**

- Blood detox
- Diabetes
- Insomnia prevention
- Muscle cramp relief – Anti-inflammatory

### **Other Benefits:**

- Antibacterial – Breath & cavity control
- Antioxidant - Lowering risk of some cancers – Immunity
- Anxiety & stress relief
- Brain function improvement – Brain cell regeneration & focus
- Cardiovascular health & weight loss – Fat & cholesterol control
- Cold, cough & flu relief
- Digestion
- Elderly & child friendly
- Intestinal disorder regulation
- Perennial gull & kidney stone breaking
- Skincare
- Women’s health – Menstruation, menopause & hot flushes



**Available in:**

- 1 Loose leaf bag:**  
30g of loose leaf for more than 30 cups,  
in a biodegradable plastic pouch - **9\$**
- 2 Tea bag pouch:**  
12 signature tea bags on bay sticks  
for many infusions or for 12 pots of tea,  
in a biodegradable plastic pouch - **18\$**
- 3 Tea bag gift box:**  
12 signature tea bags on bay sticks  
for many infusions or for 12 pots of tea,  
in a reusable 100% ecofriendly box - **22\$**







beehiveit  
allé



**EASE  
BREEZE**  
Relaxing Herbal

This blend is a saviour! Smooth to drink, it leaves you feeling comfortable, relieved from congestions and ready to sleep.

### **Ingredients:**

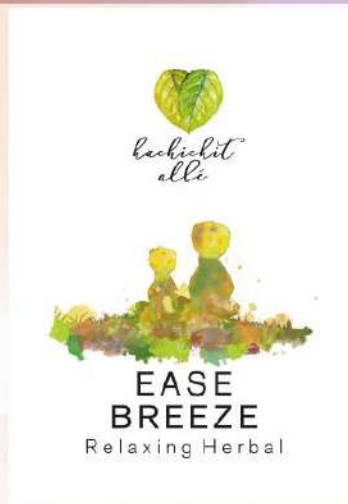
Musk Mallow flower / Mallow leaf /  
Pine needle / Hyssop

### **Main Benefits:**

- Antibacterial – Breath & cavity control
- Cold, cough & flu relief
- Insomnia prevention
- Intestinal disorder regulation

### **Other Benefits:**

- Blood detox
- Digestion
- Elderly & child friendly
- Liver detox
- Muscle cramp relief – Anti-inflammatory
- Perennial gull & kidney stone breaking
- Skincare
- Women's health – Menstruation, menopause & hot flushes



**Available in:**

- 1 Loose leaf bag:**  
29g of loose leaf for more than 29 cups,  
in a biodegradable plastic pouch – **9\$**
- 2 Tea bag pouch:**  
12 signature tea bags on bay sticks  
for many infusions or for 12 pots of tea,  
in a biodegradable plastic pouch – **18\$**
- 3 Tea bag gift box:**  
12 signature tea bags on bay sticks  
for many infusions or for 12 pots of tea,  
in a reusable 100% ecofriendly box – **22\$**







Mom drinks her anise seeds with rose petals. Her name is “Elham” (meaning Inspiration).

### **Ingredients:**

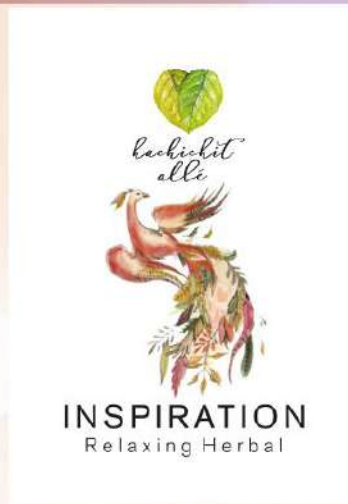
Anise seed / Rose bud / Saffron flower

### **Main Benefits:**

- Anxiety & stress relief
- Digestion
- Intestinal disorder regulation
- Women’s health – Menstruation, menopause & hot flushes

### **Other Benefits:**

- Antibacterial – Breath & cavity control
- Antioxidant - Lowering risk of some cancers – Immunity
- Aphrodisiac
- Blood detox
- Cardiovascular health & weight loss – Fat & cholesterol control
- Cold, cough & flu relief
- Diabetes
- Elderly & child friendly
- Insomnia prevention
- Liver detox
- Relief – Anti-inflammatory

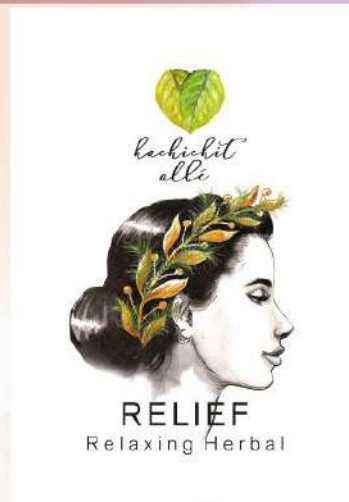


**Available in:**

- 1 Loose leaf bag:**  
40g of loose leaf for more than 40 cups,  
in a biodegradable plastic pouch – **9\$**
- 2 Tea bag pouch:**  
12 signature tea bags on bay sticks  
for many infusions or for 12 pots of tea,  
in a biodegradable plastic pouch – **18\$**
- 3 Tea bag gift box:**  
12 signature tea bags on bay sticks  
for many infusions or for 12 pots of tea,  
in a reusable 100% ecofriendly box – **22\$**







Rich in lavender, colored by butterfly pea and decorated by daisies, this blend adds pleasure to your senses.

### **Ingredients:**

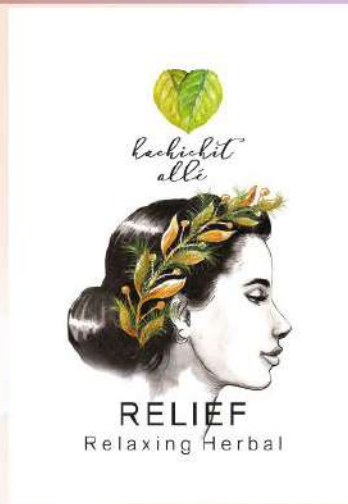
Lavender / Butterfly Pea / Daisy

### **Main Benefits:**

- Antioxidant - Lowering risk of some cancers - Immunity
- Brain function improvement - Brain cell regeneration & focus
- Diabetes
- Liver detox

### **Other Benefits:**

- Anxiety & stress relief
- Blood detox
- Cardiovascular health & weight loss - Fat & cholesterol control
- Digestion
- Fever & headache relief
- Pregnancy safe
- Skincare
- Women's health - Menstruation, menopause & hot flushes



**Available in:**

- 1 Loose leaf bag:**  
37g of loose leaf for more than 37 cups,  
in a biodegradable plastic pouch – **9\$**
- 2 Tea bag pouch:**  
12 signature tea bags on bay sticks  
for many infusions or for 12 pots of tea,  
in a biodegradable plastic pouch – **18\$**
- 3 Tea bag gift box:**  
12 signature tea bags on bay sticks  
for many infusions or for 12 pots of tea,  
in a reusable 100% ecofriendly box – **22\$**







Licorice and butterfly pea, from the same family, is as sweet as a relationship between a father and his daughter.

### **Ingredients:**

Licorice root / Butterfly Pea

### **Main Benefits:**

- Blood detox
- Diabetes
- Digestion
- Intestinal disorder regulation

### **Other Benefits:**

- Antibacterial – Breath & cavity control
- Antioxidant – Lowering risk of some cancers – Immunity
- Anxiety & stress relief
- Brain function improvement – Brain cell regeneration & focus
- Cardiovascular health & weight loss – Fat & cholesterol control
- Elderly & child friendly
- Muscle cramp relief – Anti-inflammatory
- Nausea & acid reflux
- Skincare
- Women's health – Menstruation, menopause & hot flushes



**Available in:**

- 1 Loose leaf bag:**  
12g of loose leaf for more than 12 cups,  
in a biodegradable plastic pouch - **9\$**
- 2 Tea bag pouch:**  
12 signature tea bags on bay sticks  
for many infusions or for 12 pots of tea,  
in a biodegradable plastic pouch - **18\$**
- 3 Tea bag gift box:**  
12 signature tea bags on bay sticks  
for many infusions or for 12 pots of tea,  
in a reusable 100% ecofriendly box - **22\$**







## Day & Night herbal tea blends

Our Day & Night herbal teas are made with **organic theine-free** nutritional herbs, flowers, fruits, and spices, known to balance your energy and body enzymes, encouraging you to easily adopt a hydrating and rejuvenating lifestyle.

**Best time to enjoy:** Any time

**EXHALE**

**FIRST LOVE**

**FLU AWAY**

**STONE BREAKER**

**SVELTE**

Swipe along for more about each blend  
and how to purchase it.



What an experience you are going to have once you bite on the tenderness of this pure cacao seed floating in a cup of immunity that tastes like after 8 chocolate.

### **Ingredients:**

Peppermint / Echinacea / Cacao seed

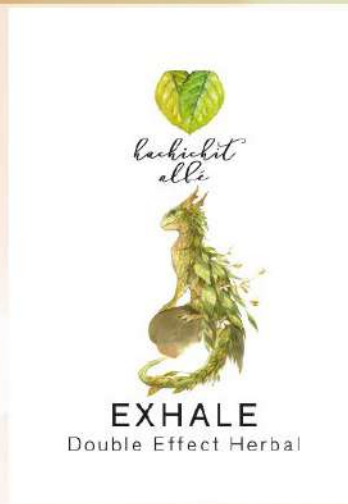
### **Main Benefits:**

- Antibacterial – Breath & cavity control
- Antioxidant – Lowering risk of some cancers – Immunity
- Cold, cough & flu relief
- Digestion

### **Other Benefits:**

- Anxiety & stress relief
- Cardiovascular health & weight loss – Fat & cholesterol control
- Elderly & child friendly
- Fever & headache relief
- Intestinal disorder regulation
- Liver detox
- Nausea & acid reflux
- Pregnancy safe
- Skincare
- Women's health – Menstruation, menopause & hot flushes





**Available in:**

- 1 Loose leaf bag:**  
32g of loose leaf for more than 32 cups,  
in a biodegradable plastic pouch – **9\$**
- 2 Tea bag pouch:**  
12 signature tea bags on bay sticks  
for many infusions or for 12 pots of tea,  
in a biodegradable plastic pouch – **18\$**
- 3 Tea bag gift box:**  
12 signature tea bags on bay sticks  
for many infusions or for 12 pots of tea,  
in a reusable 100% ecofriendly box – **22\$**





“What are we drinking? Where can we buy this?” friends asked when they tried this brew; that’s how Hachichit Albé was born.

### **Ingredients:**

Dill / Sage / Lemongrass / Thyme

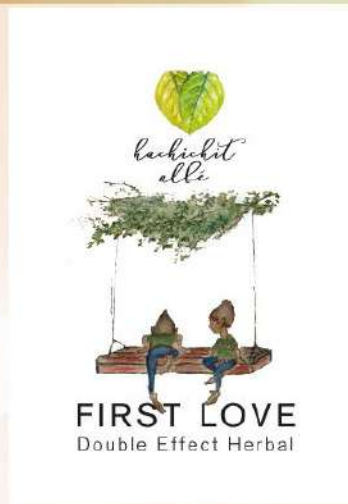
### **Main Benefits:**

- Cold, cough & flu relief
- Fever & headache relief
- Insomnia prevention
- Women’s health – Menstruation, menopause & hot flushes

### **Other Benefits:**

- Antibacterial – Breath & cavity control
- Antioxidant – Lowering risk of some cancers – Immunity
- Anxiety & stress relief
- Blood detox
- Brain function improvement – Brain cell regeneration & focus
- Diabetes
- Digestion
- Elderly & child friendly
- Muscle cramp relief -Anti-inflammatory
- Perennial gull & kidney stone breaking
- Skincare

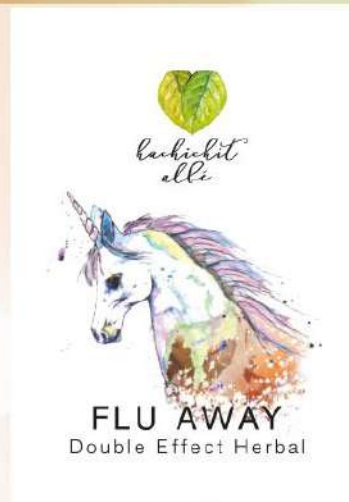




### Available in:

- 1 Loose leaf bag:**  
27g of loose leaf for more than 27 cups,  
in a biodegradable plastic pouch – **9\$**
- 2 Tea bag pouch:**  
12 signature tea bags on bay sticks  
for many infusions or for 12 pots of tea,  
in a biodegradable plastic pouch – **18\$**
- 3 Tea bag gift box:**  
12 signature tea bags on bay sticks  
for many infusions or for 12 pots of tea,  
in a reusable 100% ecofriendly box – **22\$**





The special taste of elderflower gives us a feel of a different dimension, where the unicorns drink berry leaves and stay immune to cold.

### **Ingredients:**

Elderflower / Elderberry / Mulberry leaf / Raspberry leaf

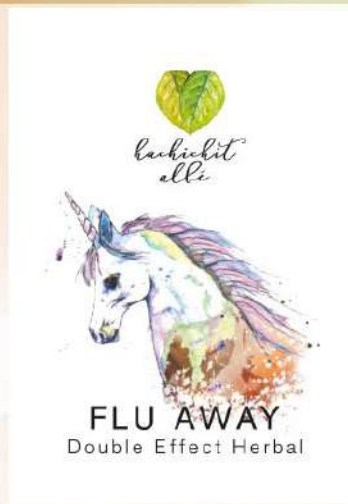
### **Main Benefits:**

- Antioxidant - Lowering risk of some cancers - Immunity
- Anxiety & stress relief
- Cold, cough & flu relief
- Women's health - Menstruation, menopause & hot flushes

### **Other Benefits:**

- Antibacterial - Breath & cavity control
- Blood detox
- Cardiovascular health & weight loss - Fat & cholesterol control
- Diabetes
- Elderly & child friendly
- Insomnia prevention
- Intestinal disorder regulation
- Muscle cramp relief - Anti-inflammatory





**Available in:**

- 1 Loose leaf bag:**  
33g of loose leaf for more than 33 cups,  
in a biodegradable plastic pouch – **9\$**
- 2 Tea bag pouch:**  
12 signature tea bags on bay sticks  
for many infusions or for 12 pots of tea,  
in a biodegradable plastic pouch – **18\$**
- 3 Tea bag gift box:**  
12 signature tea bags on bay sticks  
for many infusions or for 12 pots of tea,  
in a reusable 100% ecofriendly box – **22\$**





A herbal tea inspired by the roman era, when they drank parsley to break kidney stones and pomegranate to prevent blood clots.

### **Ingredients:**

Pomegranate skin & seed / Parsley leaf & seed / Lavender

### **Main Benefits:**

- Antioxidant - Lowering risk of some cancers - Immunity
- Blood detox
- Cardiovascular health & weight loss - Fat & cholesterol control
- Perennial gull & kidney stone breaking

### **Other Benefits:**

- Antibacterial - Breath & cavity control
- Anxiety & stress relief
- Cold, cough & flu relief
- Digestion
- Elderly & child friendly
- Liver detox
- Muscle cramp relief - Anti - inflammatory
- Skincare
- Women's health - Menstruation, menopause & hot flushes





### Available in:

- 1 Loose leaf bag:**  
28g of loose leaf for more than 28 cups,  
in a biodegradable plastic pouch – **9\$**
- 2 Tea bag pouch:**  
12 signature tea bags on bay sticks  
for many infusions or for 12 pots of tea,  
in a biodegradable plastic pouch – **18\$**
- 3 Tea bag gift box:**  
12 signature tea bags on bay sticks  
for many infusions or for 12 pots of tea,  
in a reusable 100% ecofriendly box – **22\$**





All herbs and spices promote weight loss. But sweet scented geranium is the one that does it best.

### **Ingredients:**

Sweet Scented Geranium / Lotus / Basil

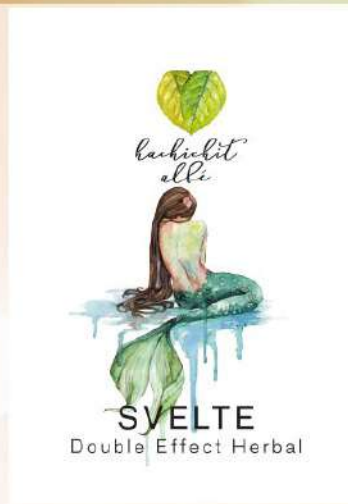
### **Main Benefits:**

- Antioxidant - Lowering risk of some cancers - Immunity
- Anxiety & stress relief
- Cardiovascular health & weight loss - Fat & cholesterol control
- Muscle cramp relief- Anti-inflammatory

### **Other Benefits:**

- Antibacterial - Breath & cavity control
- Aphrodisiac
- Blood detox
- Diabetes
- Digestion
- Elderly & child friendly
- Liver detox
- Skincare
- Women's health - Menstruation, menopause & hot flushes





### Available in:

- 1 Loose leaf bag:**  
12g of loose leaf for more than 12 cups,  
in a biodegradable plastic pouch – **9\$**
- 2 Tea bag pouch:**  
12 signature tea bags on bay sticks  
for many infusions or for 12 pots of tea,  
in a biodegradable plastic pouch – **18\$**
- 3 Tea bag gift box:**  
12 signature tea bags on bay sticks  
for many infusions or for 12 pots of tea,  
in a reusable 100% ecofriendly box – **22\$**



# Mixed Packs

Satisfying our tea lovers demands for bundles with different blends to try and to share with their loved ones, we split our **Nature's Warmth Collection** of 36 teas & herbals, into different sets of blends in tea bags, for you to choose from, keeping in mind that each tea bag serves several infusions to bring out the full benefits of our natural and organic herbs.

Our Mixed Packs are hand packaged with love and silence, by rural women and people with hearing & speech disabilities, in **100% ecofriendly**, recycled, recyclable, reusable and beautiful packaging.

With every pack we offer a **'Suggested guideline'**, a 'blend benefits list', brewing instructions, and a guaranteed journey of hydration, detox, slimming, and rejuvenation.







## MIXED PACKS

- **Set 1:** Shop “Family”– **3 mixed packs of 12 blends from the same family** (full tea or herbal collection)
- **Set 2:** Shop “Fusion”– **12 mixed packs of 3 blends** (1 tea/2 herbals)
- **Set 3:** Shop “Metamorphosis”– **3 mixed packs of 12 blends** for tea aficionados (4 teas/8 herbals)

Dear Tea lover,  
Challenge yourself to complete one of the above sets of Nature’s Warmth 36 blends, and enjoy the benefits of 96 pure organic herbs body and mind!

**Share with us your experience**  
and **win 2 “Fusion”** of your choice!



## MIXED PACKS SHOP "FAMILY"







## MIXED PACKS SHOP "FAMILY"

### 3 different packs of 12 signature tea bags,

filled with natural organic blends of  
**teas or herbals, for a total of 30 infusions.**

Every set is packed in a beautiful  
**100% ecofriendly gift box** that makes  
a great present for special occasions and  
dinner invitations, and consists of:

- 12 cotton tea bags on a bay stick
- Blend benefits list
- Suggested guideline
- Gift of 15g bay laurel leaves
- Reusable tea box/ tissue box

**Family 1 - Teas** - 11 Different Camellia  
Sinensis organic tea blends +  
1 Mate blend

**Family 2 - Energizing** herbal tea blends  
(caffeine free)

**Family 3 - Relaxing** herbal tea blends  
(caffeine free)

Swipe along for more about each mixed  
pack and how to purchase it.





# MIXED PACKS SHOP “FAMILY”



## Family 1 – Teas

11 Different Camellia Sinensis tea blends + 1 Mate blend, **rich in theine and L-theanine**, as well as other **nutrients and antioxidants**.

- **ALKALIZE:** Japanese Kukicha / Marigold / Chrysanthemum
- **AWAKENING:** English Breakfast / Bachelor's Button / Peach / Almond flower
- **EYES CLOSED:** Sencha / Peppermint / Licorice/ Butterfly Pea
- **FOREVER YOUNG:** Japanese Sencha / Hawthorn
- **FORTRESS:** White tea Silver Needle / Cedar leaf / Rose bud
- **HEART POWER:** Matcha / Milk Thistle
- **HIGH FREQUENCY:** Yunnan red tea / Red Clover flower / Thyme
- **MINDFUL:** Earl Grey / Sage / Marigold / Kumquat
- **PEACEMAKER:** Hojicha / Tulsi / Red peppercorn / Grapefruit
- **PURIFY:** White tea Peony / Myrtle leaf & fruit / Agastache / Carob / Camelia Sinensis bud
- **REBIRTH:** Black tea/ Bergamot / Orange / Cardamom / Star Anise/ Cinnamon / Cloves / Ginger / Vanilla
- **REVIVAL:** Mate / Linden / Lemon Balm / Green Cardamom / Jujube

Check TEA highlight for more information about each blend





## MIXED PACKS SHOP “FAMILY”

### Family 2 – Energizing herbal teas - caffeine free

12 Blends of energizing herbal teas that **boost your system, clean your blood and help you to highly focus** and perform during your day.

- **CELEBRATION:** Nettle / Rosehip / Beetroot / Star Anise / Daisy
- **CHERRY ON TOP:** Damiana / Palo Santo / Cherry stick & fruit
- **ELIXIR:** Rooibos / Tulsi / Ceylon Cinnamon / Apple
- **ENERGIZE:** Ginger / Lemon / Turmeric / Black peppercorn / Lemon Verbena
- **FLAME:** Ceylon Cinnamon / Saigon Cinnamon
- **FOCUS:** Moringa leaves / Mango leaves / Lemongrass / Goji berry
- **FULL MOON:** White Ginseng / Guava leaf & fruit / Apple / Oregano
- **IMMUNITY:** Rooibos / Echinacea / Orange / Cacao / Marigold
- **MEMORY LANE:** Red Ginseng / Lemon Balm / Fennel seeds / Oat tops
- **NO PROBLEM:** Zallouh / Turmeric / Cinnamon / Cloves / Fennel / Black peppercorn / Star Anise
- **SOBRIETY:** Hibiscus / Cumin / Ginger / Red Clover
- **WONDERLAND:** Red grape leaves / Bay leaves / Lemon Verbena / Schisandra / Strawberry / Boletus & Porcini mushrooms / Goji berry

Check HERBALS highlight for more information about each blend





## MIXED PACKS SHOP "FAMILY"

### Family 3 – Relaxing herbal teas - caffeine free

7 Blends of relaxing herbal teas that promote a **good digestion and the best sleep** + 5 Blends of day & night herbal teas that **balance your energy and body enzymes.**

- **BLOSSOM:** Linden / German Chamomile / Rosemary / Yarrow / Rose / Daisy / Calamint / Dandelion / Myrtle leaves
- **DEEP SLEEP:** Chamomile / Roman Chamomile / Red Clover / Sage / Mastic
- **DREAMER:** Olive leaves / Lavender / German Chamomile / Jasmine
- **EASE BREEZE:** Musk Mallow flower / Mallow leaf / Pine needle / Hyssop
- **INSPIRATION:** Anise seed / Rose bud / Saffron flower
- **RELIEF:** Lavender / Butterfly Pea / Daisy
- **SWEET WOOD:** Licorice root / Butterfly Pea

#### Day & Night blends list:

- **FLU AWAY:** Elderflower / Elderberry / Mulberry leaf / Raspberry leaf
- **STONE BREAKER:** Pomegranate skin & seed / Parsley leaf & seed / Lavender
- **FIRST LOVE:** Dill / Sage / Lemongrass / Thyme
- **SVELTE:** Sweet Scented Geranium / Lotus / Basil
- **EXHALE:** Peppermint / Echinacea / Cacao seed

Check HERBALS highlight for more information about each blend

## MIXED PACKS SHOP "FUSION"

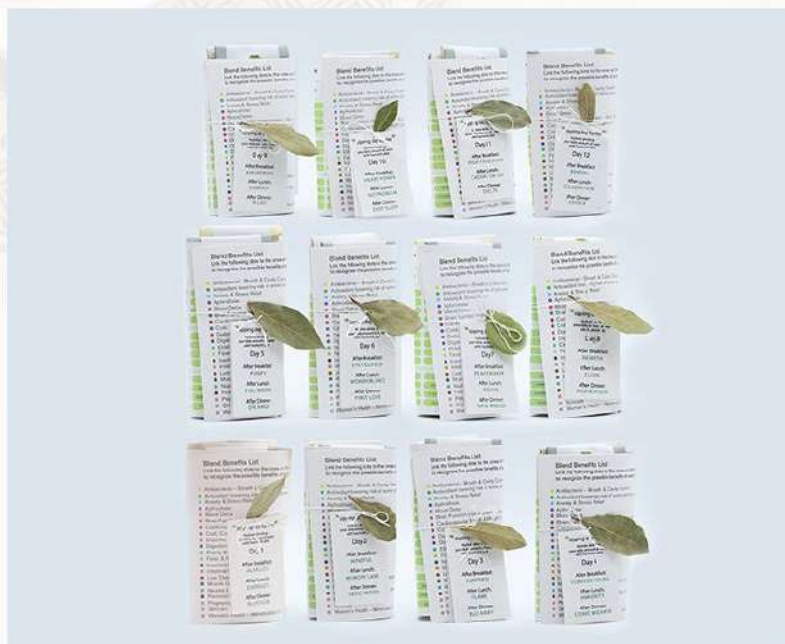


Live the mutation of animals transforming into imaginary characters.

Choose between **12 different packs of 3 anti-bacterial and anti-oxidant blends**, bundled with a suggested guideline for **a 12 days program of hydration and cleansing.**

- **1 Tea** (inspired by an animal)
- **1 Energizing herbal tea** (inspired by an element from nature)
- **1 Relaxing herbal tea** (inspired by an imaginary character)

These bundles make healthy little presents or giveaway gifts for celebrations.







## **MIXED PACKS “FUSION” LIST:**

**FUSION 1: HIPPOCAMPUS**

**FUSION 2: OWL**

**FUSION 3: HORSE**

**FUSION 4: WHALE**

**FUSION 5: SWAN**

**FUSION 6: WOLF**

**FUSION 7: ELEPHANT**

**FUSION 8: EAGLE**

**FUSION 9: BEE**

**FUSION 10: LION**

**FUSION 11: DOLPHIN**

**FUSION 12: BUTTERFLY**

Swipe along for more about each mixed pack and how to purchase it.



# MIXED PACKS SHOP "FUSION"

**HIPPOCAMPUS - Price: 6\$**

**Blend Benefits List**  
 List of 20 benefits including:
 

- Antioxidant - Boosts Cellular Energy
- Antimicrobial - Cleanses & Supports Immune System
- Aphrodisiac
- Blood Purifier
- Brain Function Enhancer - Boosts Cognitive Function
- Cardiovascular Health & Blood Circulation
- Cold, Cough & Flu Relief
- Detoxifier
- Diuretic
- Digestive Aid
- Eye Health
- Fertility Support
- Hair Growth
- Heart Health
- Immune System Support
- Liver Health
- Menstrual Cycle Regulation
- Nerve Health
- Respiratory Health
- Skin Health
- Women's Health - Menstrual Regulation & Pain Relief

**Suggested Guideline**

	1st Day	2nd Day	3rd Day	4th Day	5th Day	6th Day	7th Day
Day 1	100%	100%	100%	100%	100%	100%	100%
Day 2	100%	100%	100%	100%	100%	100%	100%
Day 3	100%	100%	100%	100%	100%	100%	100%
Day 4	100%	100%	100%	100%	100%	100%	100%
Day 5	100%	100%	100%	100%	100%	100%	100%
Day 6	100%	100%	100%	100%	100%	100%	100%
Day 7	100%	100%	100%	100%	100%	100%	100%

**Day 1**  
 After Breakfast  
 After Lunch  
 After Dinner

**Blend with Japanese Fokicho, Moringa & Gynostemma**  
 Weight: 100g (3.5oz)  
 Loose Leaf 50g  
 Can be infused 3 times  
 Serving: 1 teabag or 1 tsp Loose Leaf  
 Fresh water: 200ml  
**Water temperature & Steeping time:**  
 Infusion 1: 90°C - 2min  
 Infusion 2: 90°C - 5min  
 Infusion 3: 100°C - 5min  
 Best time to enjoy: 10 min after breakfast, lunch or dinner  
 Can help with: Cholesterol, Weight Loss, Muscle Growth Relief, Women's Health & more  
 Refer to Blend Benefits List  
 www.hippocampus.com

**Blend with Lemon, Bright, Turmeric, Basil, Peppermint & Lemongrass**  
 Weight: 100g (3.5oz)  
 Loose Leaf 50g  
 Can be infused 2 times  
 Serving: 1 teabag or 1 tsp Loose Leaf  
 Fresh water: 200ml  
**Water temperature & Steeping time:**  
 Infusion 1: 100°C - 5min  
 Infusion 2: 100°C - 10min  
 Best time to enjoy: anytime  
 Can help with: Brain Function, Diabetes, Blood Sugar Regulation, Liver Health & more  
 Refer to Blend Benefits List  
 www.hippocampus.com

**Blend with Linden, Chamomile, Broomrape, Fenugreek, Daisy, Calamint, Dandelion & Yarrow Leaves**  
 Weight: 100g (3.5oz)  
 Loose Leaf 50g  
 Can be infused 3 times  
 Serving: 1 teabag or 1 tsp Loose Leaf  
 Fresh water: 200ml  
**Water temperature & Steeping time:**  
 Infusion 1: 100°C - 5min  
 Infusion 2: 100°C - 10min  
 Best time to enjoy: anytime  
 Can help with: Brain Function, Cold/Flu Relief, Muscle Cramp Relief, Stressors & more  
 Refer to Blend Benefits List  
 www.hippocampus.com



# MIXED PACKS SHOP "FUSION"



## HIPPOCAMPUS

Bundles of 3 signature tea bags for  
**more than 7 cups:**

- **Tea – ALKALIZE:** Japanese Kukicha / Marigold / Chrysanthemum
- **Stimulant herbal – ENERGIZE:** Ginger / Lemon / Turmeric / Black peppercorn / Lemon Verbena
- **Relaxing herbal – BLOSSOM:** Linden / German Chamomile / Rosemary / Yarrow / Rose / Daisy / Calamint / Dandelion / Myrtle leaves







# MIXED PACKS SHOP “FUSION”



## OWL

Bundles of 3 signature tea bags for  
**more than 7 cups:**

- **Tea – MINDFUL:** Earl Grey / Sage / Marigold / Kumquat
- **Energizing herbal – MEMORY LANE:** Red Ginseng / Lemon Balm / Fennel seeds / Oat tops
- **Relaxing herbal – SWEET WOOD:** Licorice root / Butterfly Pea







# MIXED PACKS SHOP "FUSION"



## HORSE

Bundles of 3 signature tea bags for  
more than 7 cups:

- **Tea – FORTRESS:** White tea Silver Needle / Cedar leaf / Rose bud
- **Energizing herbal – FLAME:** Ceylon Cinnamon / Saigon Cinnamon
- **Relaxing herbal – FLU AWAY:** Elderflower / Elderberry / Mulberry leaf / Raspberry leaf





# MIXED PACKS SHOP "FUSION"

**WHALE - Price: 6\$**

**Blend Benefits List**  
See the following list to the right on the Blend packet to recognize the possible benefits of every Blend.

- Antioxidant - Skin & Cellulite Control
- Anticancerous - Low or no cancer, anti-inflammatory
- Anxiety & Stress Relief
- Blood Flow
- Blood Sugar
- Blood Pressure Management - Blood Cell Regulation & Flow
- Cardiovascular Health & Weight Loss - Fat & Cholesterol Control
- Cell Growth & Proliferation
- Diabetes
- Digestion
- Energy & Vitality
- Eyes & Healthy Vision
- Immune Protection
- Inflammation Regulation
- Insulin
- Muscle Control - Body - All Information
- Nerve & Nucleus
- Penetration - Cell & Tissue, Bone Density
- Pregnancy Support
- Skin Care
- Women's Health - Menstruation, Menopause & Hot Flashes

**Suggested Guidelines**

	WITH SUGAR	WITH SUGAR	WITH SUGAR
	100%	75%	50%
1.0g	100%	75%	50%
2.0g	100%	75%	50%
3.0g	100%	75%	50%
4.0g	100%	75%	50%
5.0g	100%	75%	50%
6.0g	100%	75%	50%
7.0g	100%	75%	50%
8.0g	100%	75%	50%
9.0g	100%	75%	50%
10.0g	100%	75%	50%
11.0g	100%	75%	50%
12.0g	100%	75%	50%
13.0g	100%	75%	50%
14.0g	100%	75%	50%
15.0g	100%	75%	50%
16.0g	100%	75%	50%
17.0g	100%	75%	50%
18.0g	100%	75%	50%
19.0g	100%	75%	50%
20.0g	100%	75%	50%

**Forever Young**  
Blend with Japanese Sencha & Hawthorn

**Immunity**  
Blend with Fennel, Licorice, Chamomile, Lemon, Orange, Cinnamon, Cardamom, Turmeric, Black Pepper, Cloves, Star Anise, and Holy Basil

**Stone Breaker**  
Blend with Lemon, Orange, Cinnamon, Cardamom, Turmeric, Black Pepper, Cloves, Star Anise, and Holy Basil

**Day After**  
After a long day, this blend helps you relax and recover. It's perfect for after a long day of work or a long drive. It's perfect for after a long day of work or a long drive.

**Blend with Japanese Sencha & Hawthorn**

**Weight:** 10g (0.35oz)  
Lemon Leaf 5g

Can be infused: 3 times  
Serving: 1 teabag or 1 tsp. Lemon Leaf  
Fresh water: 200ml

**Water temperature & Sleeping time:**  
Infusion 1: 100°C - 30min  
Infusion 2: 80°C - 5min  
Infusion 3: 80°C - 5min  
Best time to enjoy: 30min after breakfast or lunch

Can help with Weight Loss, Immunity, Cholesterol control, Cardiovascular Health & more

Refer to Blend Benefits List

**Blend with Fennel, Licorice, Chamomile, Lemon, Orange, Cinnamon, Cardamom, Turmeric, Black Pepper, Cloves, Star Anise, and Holy Basil**

**Weight:** 10g (0.35oz)  
Lemon Leaf 5g

Can be infused: 3 times  
Serving: 1 teabag or 1 tsp. Lemon Leaf  
Fresh water: 200ml

**Water temperature & Sleeping time:**  
Infusion 1: 100°C - 30min  
Infusion 2: 100°C - 10min  
Best time to enjoy: Anytime

Can help with Cardiovascular Health, Weight Loss, Cold/Flu/Allergies, Stomach & more

Refer to Blend Benefits List

**Blend with Pomogranate Skin, Phenolic Acid, Biotin, Lemon, Parsley Seeds, & Licorice**

**Weight:** 10g (0.35oz)  
Lemon Leaf 5g

Can be infused: 2 times  
Serving: 1 teabag or 1 tsp. Lemon Leaf  
Fresh water: 200ml

**Water temperature & Sleeping time:**  
Infusion 1: 100°C - 30min  
Infusion 2: 100°C - 10min  
Best time to enjoy: Anytime

Can help with Blood Cell Production, Immunity, Cardiovascular Health, Gut/Kidney Stone Breaking & more

Refer to Blend Benefits List



# MIXED PACKS SHOP "FUSION"



## WHALE

Bundles of 3 signature tea bags for  
**more than 7 cups:**

- **Tea – FOREVER YOUNG:** Japanese Sencha / Hawthorn
- **Energizing herbal – IMMUNITY:** Rooibos / Echinacea / Orange / Cacao / Marigold
- **Relaxing herbal – STONE BREAKER:** Pomegranate skin & seed / Parsley leaf & seed / Lavender





# MIXED PACKS SHOP "FUSION"

**SWAN - Price: 6\$**

**Blend Benefits List**  
Can be infused with the leaves on the blend packet to maximize beneficial benefits of every blend.

- Antispasmodic - Bloat & Cramp Control
- Antacid/soothing tea or water-carrier - Irritation
- Anxiolytic & Stress-Reduction
- Aphrodisiac
- Blood Flow
- Blood Function Improvement - Blood Cell Regeneration & Purification
- Cardiovascular Health & Strong Lungs - For a Cheaper Cough
- Cold, Cough & Flu Relief
- Diuretic
- Emollient
- Energy & DMG Purify
- Food & Immunity Aid
- Gastric Protection
- Immune System Regulation
- Liver Drain
- Menstrual Cramp Relief - Anti-inflammatory
- Nervous Acid Relief
- Nutrient Aid & Aiding (Stone Breaking)
- Pregnancy Safe
- Stimulant
- Women's Health - Menstruation, Menopause & Hot Flashes

**Suggested Guidelines**

	TEA	WITH WATER (100%)	WITH LEMON (50% WATER / 50% LEMON)	AFTER MEALS (100% WATER)
AMOUNT	1-2 TSP	1-2 TSP	1-2 TSP	1-2 TSP
TEMPERATURE	100°C	100°C	100°C	100°C
INFUSION	10-15 MIN	10-15 MIN	10-15 MIN	10-15 MIN
STEEPING	10-15 MIN	10-15 MIN	10-15 MIN	10-15 MIN
WATER	100ml	100ml	100ml	100ml
LEMON	0ml	50ml	50ml	0ml
TEA	1-2 TSP	1-2 TSP	1-2 TSP	1-2 TSP
WATER	100ml	100ml	100ml	100ml
LEMON	0ml	50ml	50ml	0ml
TEA	1-2 TSP	1-2 TSP	1-2 TSP	1-2 TSP
WATER	100ml	100ml	100ml	100ml
LEMON	0ml	50ml	50ml	0ml
TEA	1-2 TSP	1-2 TSP	1-2 TSP	1-2 TSP
WATER	100ml	100ml	100ml	100ml
LEMON	0ml	50ml	50ml	0ml
TEA	1-2 TSP	1-2 TSP	1-2 TSP	1-2 TSP
WATER	100ml	100ml	100ml	100ml
LEMON	0ml	50ml	50ml	0ml
TEA	1-2 TSP	1-2 TSP	1-2 TSP	1-2 TSP
WATER	100ml	100ml	100ml	100ml
LEMON	0ml	50ml	50ml	0ml
TEA	1-2 TSP	1-2 TSP	1-2 TSP	1-2 TSP
WATER	100ml	100ml	100ml	100ml
LEMON	0ml	50ml	50ml	0ml
TEA	1-2 TSP	1-2 TSP	1-2 TSP	1-2 TSP
WATER	100ml	100ml	100ml	100ml
LEMON	0ml	50ml	50ml	0ml
TEA	1-2 TSP	1-2 TSP	1-2 TSP	1-2 TSP
WATER	100ml	100ml	100ml	100ml
LEMON	0ml	50ml	50ml	0ml
TEA	1-2 TSP	1-2 TSP	1-2 TSP	1-2 TSP
WATER	100ml	100ml	100ml	100ml
LEMON	0ml	50ml	50ml	0ml
TEA	1-2 TSP	1-2 TSP	1-2 TSP	1-2 TSP
WATER	100ml	100ml	100ml	100ml
LEMON	0ml	50ml	50ml	0ml
TEA	1-2 TSP	1-2 TSP	1-2 TSP	1-2 TSP
WATER	100ml	100ml	100ml	100ml
LEMON	0ml	50ml	50ml	0ml
TEA	1-2 TSP	1-2 TSP	1-2 TSP	1-2 TSP
WATER	100ml	100ml	100ml	100ml
LEMON	0ml	50ml	50ml	0ml
TEA	1-2 TSP	1-2 TSP	1-2 TSP	1-2 TSP
WATER	100ml	100ml	100ml	100ml
LEMON	0ml	50ml	50ml	0ml
TEA	1-2 TSP	1-2 TSP	1-2 TSP	1-2 TSP
WATER	100ml	100ml	100ml	100ml
LEMON	0ml	50ml	50ml	0ml
TEA	1-2 TSP	1-2 TSP	1-2 TSP	1-2 TSP
WATER	100ml	100ml	100ml	100ml
LEMON	0ml	50ml	50ml	0ml
TEA	1-2 TSP	1-2 TSP	1-2 TSP	1-2 TSP
WATER	100ml	100ml	100ml	100ml
LEMON	0ml	50ml	50ml	0ml
TEA	1-2 TSP	1-2 TSP	1-2 TSP	1-2 TSP
WATER	100ml	100ml	100ml	100ml
LEMON	0ml	50ml	50ml	0ml
TEA	1-2 TSP	1-2 TSP	1-2 TSP	1-2 TSP
WATER	100ml	100ml	100ml	100ml
LEMON	0ml	50ml	50ml	0ml
TEA	1-2 TSP	1-2 TSP	1-2 TSP	1-2 TSP
WATER	100ml	100ml	100ml	100ml
LEMON	0ml	50ml	50ml	0ml
TEA	1-2 TSP	1-2 TSP	1-2 TSP	1-2 TSP
WATER	100ml	100ml	100ml	100ml
LEMON	0ml	50ml	50ml	0ml
TEA	1-2 TSP	1-2 TSP	1-2 TSP	1-2 TSP
WATER	100ml	100ml	100ml	100ml
LEMON	0ml	50ml	50ml	0ml
TEA	1-2 TSP	1-2 TSP	1-2 TSP	1-2 TSP
WATER	100ml	100ml	100ml	100ml
LEMON	0ml	50ml	50ml	0ml
TEA	1-2 TSP	1-2 TSP	1-2 TSP	1-2 TSP
WATER	100ml	100ml	100ml	100ml
LEMON	0ml	50ml	50ml	0ml
TEA	1-2 TSP	1-2 TSP	1-2 TSP	1-2 TSP
WATER	100ml	100ml	100ml	100ml
LEMON	0ml	50ml	50ml	0ml
TEA	1-2 TSP	1-2 TSP	1-2 TSP	1-2 TSP
WATER	100ml	100ml	100ml	100ml
LEMON	0ml	50ml	50ml	0ml
TEA	1-2 TSP	1-2 TSP	1-2 TSP	1-2 TSP
WATER	100ml	100ml	100ml	100ml
LEMON	0ml	50ml	50ml	0ml
TEA	1-2 TSP	1-2 TSP	1-2 TSP	1-2 TSP
WATER	100ml	100ml	100ml	100ml
LEMON	0ml	50ml	50ml	0ml
TEA	1-2 TSP	1-2 TSP	1-2 TSP	1-2 TSP
WATER	100ml	100ml	100ml	100ml
LEMON	0ml	50ml	50ml	0ml
TEA	1-2 TSP	1-2 TSP	1-2 TSP	1-2 TSP
WATER	100ml	100ml	100ml	100ml
LEMON	0ml	50ml	50ml	0ml
TEA	1-2 TSP	1-2 TSP	1-2 TSP	1-2 TSP
WATER	100ml	100ml	100ml	100ml
LEMON	0ml	50ml	50ml	0ml
TEA	1-2 TSP	1-2 TSP	1-2 TSP	1-2 TSP
WATER	100ml	100ml	100ml	100ml
LEMON	0ml	50ml	50ml	0ml
TEA	1-2 TSP	1-2 TSP	1-2 TSP	1-2 TSP
WATER	100ml	100ml	100ml	100ml
LEMON	0ml	50ml	50ml	0ml
TEA	1-2 TSP	1-2 TSP	1-2 TSP	1-2 TSP
WATER	100ml	100ml	100ml	100ml
LEMON	0ml	50ml	50ml	0ml
TEA	1-2 TSP	1-2 TSP	1-2 TSP	1-2 TSP
WATER	100ml	100ml	100ml	100ml
LEMON	0ml	50ml	50ml	0ml
TEA	1-2 TSP	1-2 TSP	1-2 TSP	1-2 TSP
WATER	100ml	100ml	100ml	100ml
LEMON	0ml	50ml	50ml	0ml
TEA	1-2 TSP	1-2 TSP	1-2 TSP	1-2 TSP
WATER	100ml	100ml	100ml	100ml
LEMON	0ml	50ml	50ml	0ml
TEA	1-2 TSP	1-2 TSP	1-2 TSP	1-2 TSP
WATER	100ml	100ml	100ml	100ml
LEMON	0ml	50ml	50ml	0ml
TEA	1-2 TSP	1-2 TSP	1-2 TSP	1-2 TSP
WATER	100ml	100ml	100ml	100ml
LEMON	0ml	50ml	50ml	0ml
TEA	1-2 TSP	1-2 TSP	1-2 TSP	1-2 TSP
WATER	100ml	100ml	100ml	100ml
LEMON	0ml	50ml	50ml	0ml
TEA	1-2 TSP	1-2 TSP	1-2 TSP	1-2 TSP
WATER	100ml	100ml	100ml	100ml
LEMON	0ml	50ml	50ml	0ml
TEA	1-2 TSP	1-2 TSP	1-2 TSP	1-2 TSP
WATER	100ml	100ml	100ml	100ml
LEMON	0ml	50ml	50ml	0ml
TEA	1-2 TSP	1-2 TSP	1-2 TSP	1-2 TSP
WATER	100ml	100ml	100ml	100ml
LEMON	0ml	50ml	50ml	0ml
TEA	1-2 TSP	1-2 TSP	1-2 TSP	1-2 TSP
WATER	100ml	100ml	100ml	100ml
LEMON	0ml	50ml	50ml	0ml
TEA	1-2 TSP	1-2 TSP	1-2 TSP	1-2 TSP
WATER	100ml	100ml	100ml	100ml
LEMON	0ml	50ml	50ml	0ml
TEA	1-2 TSP	1-2 TSP	1-2 TSP	1-2 TSP
WATER	100ml	100ml	100ml	100ml
LEMON	0ml	50ml	50ml	0ml
TEA	1-2 TSP	1-2 TSP	1-2 TSP	1-2 TSP
WATER	100ml	100ml	100ml	100ml
LEMON	0ml	50ml	50ml	0ml
TEA	1-2 TSP	1-2 TSP	1-2 TSP	1-2 TSP
WATER	100ml	100ml	100ml	100ml
LEMON	0ml	50ml	50ml	0ml
TEA	1-2 TSP	1-2 TSP	1-2 TSP	1-2 TSP
WATER	100ml	100ml	100ml	100ml
LEMON	0ml	50ml	50ml	0ml
TEA	1-2 TSP	1-2 TSP	1-2 TSP	1-2 TSP
WATER	100ml	100ml	100ml	100ml
LEMON	0ml	50ml	50ml	0ml
TEA	1-2 TSP	1-2 TSP	1-2 TSP	1-2 TSP
WATER	100ml	100ml	100ml	100ml
LEMON	0ml	50ml	50ml	0ml
TEA	1-2 TSP	1-2 TSP	1-2 TSP	1-2 TSP
WATER	100ml	100ml	100ml	100ml
LEMON	0ml	50ml	50ml	0ml
TEA	1-2 TSP	1-2 TSP	1-2 TSP	1-2 TSP
WATER	100ml	100ml	100ml	100ml
LEMON	0ml	50ml	50ml	0ml
TEA	1-2 TSP	1-2 TSP	1-2 TSP	1-2 TSP
WATER	100ml	100ml	100ml	100ml
LEMON	0ml	50ml	50ml	0ml
TEA	1-2 TSP	1-2 TSP	1-2 TSP	1-2 TSP
WATER	100ml	100ml	100ml	100ml
LEMON	0ml	50ml	50ml	0ml
TEA	1-2 TSP	1-2 TSP	1-2 TSP	1-2 TSP
WATER	100ml	100ml	100ml	100ml
LEMON	0ml	50ml	50ml	0ml
TEA	1-2 TSP	1-2 TSP	1-2 TSP	1-2 TSP
WATER	100ml	100ml	100ml	100ml
LEMON	0ml	50ml	50ml	0ml
TEA	1-2 TSP	1-2 TSP	1-2 TSP	1-2 TSP
WATER	100ml	100ml	100ml	100ml
LEMON	0ml	50ml	50ml	0ml
TEA	1-2 TSP	1-2 TSP	1-2 TSP	1-2 TSP
WATER	100ml	100ml	100ml	100ml
LEMON	0ml	50ml	50ml	0ml
TEA	1-2 TSP	1-2 TSP	1-2 TSP	1-2 TSP
WATER	100ml	100ml	100ml	100ml
LEMON	0ml	50ml	50ml	0ml
TEA	1-2 TSP	1-2 TSP	1-2 TSP	1-2 TSP
WATER	100ml	100ml	100ml	100ml
LEMON	0ml	50ml	50ml	0ml
TEA	1-2 TSP	1-2 TSP	1-2 TSP	1-2 TSP
WATER	100ml	100ml	100ml	100ml
LEMON	0ml	50ml	50ml	0ml
TEA	1-2 TSP	1-2 TSP	1-2 TSP	1-2 TSP
WATER	100ml	100ml	100ml	100ml
LEMON	0ml	50ml	50ml	0ml
TEA	1-2 TSP	1-2 TSP	1-2 TSP	1-2 TSP
WATER	100ml	100ml	100ml	100ml
LEMON	0ml	50ml	50ml	0ml
TEA	1-2 TSP	1-2 TSP	1-2 TSP	1-2 TSP
WATER	100ml	100ml	100ml	100ml
LEMON	0ml	50ml	50ml	0ml
TEA	1-2 TSP	1-2 TSP	1-2 TSP	1-2 TSP
WATER	100ml	100ml	100ml	100ml
LEMON	0ml	50ml	50ml	0ml
TEA	1-2 TSP	1-2 TSP	1-2 TSP	1-2 TSP
WATER	100ml	100ml	100ml	100ml
LEMON	0ml	50ml	50ml	0ml
TEA	1-2 TSP	1-2 TSP	1-2 TSP	1-2 TSP
WATER	100ml	100ml	100ml	100ml
LEMON	0ml	50ml	50ml	0ml
TEA	1-2 TSP	1-2 TSP	1-2 TSP	1-2 TSP
WATER	100ml	100ml	100ml	100ml
LEMON	0ml	50ml	50ml	0ml
TEA	1-2 TSP	1-2 TSP	1-2 TSP	1-2 TSP
WATER	100ml	100ml	100ml	100ml
LEMON	0ml	50ml	50ml	0ml
TEA	1-2 TSP	1-2 TSP	1-2 TSP	1-2 TSP
WATER	100ml	100ml	100ml	100ml
LEMON	0ml	50ml	50ml	0ml
TEA</				



# MIXED PACKS SHOP "FUSION"



## SWAN

Bundles of 3 signature tea bags for  
**more than 7 cups:**

- **Tea – PURIFY:** White tea Peony / Myrtle leaf & fruit / Agastache / Carob / Camelia Sinensis bud
- **Energizing herbal – FULL MOON:** White Ginseng / Guava leaf & fruit / Apple / Oregano
- **Relaxing herbal – DREAMER:** Olive leaves / Lavender / German Chamomile / Jasmine





# MIXED PACKS SHOP "FUSION"

**WOLF - Price: 6\$**

**Blend Benefits List**  
Link the following dots to the ones on the blend packet to complete the benefit benefits in your blend.

- Antibacterial - Blends & Biliary Drainage
- Anticellulose/Cholesterol w/ some Licorice - Immunity
- Anticancer & Anticancerous
- Blind Spot
- Cholesterol
- Chronic Inflammation - 10-15% Fat Accumulation & Excess
- Cardiovascular Health & Weight Loss - Fat & Cholesterol Control
- Cold, Flu, & All-Season
- Diabetes
- Depression
- Elderly & Child Friendly
- Fever & Inflammation Relief
- Immune Protection
- Intestinal Disorder - Regulation
- Liver - Support
- Mucous Drainage Relief - Acute Inflammatory
- Nausea & Acid Reflux
- Neurological & Arthralgia (Joint Swelling)
- Pregnancy Safe
- Phenylalanine
- Women's Health - Menstruation, Menopause & PMS Relief

**Suggested Guidelines**

	ADULTS	ADOLESCENTS	CHILDREN	INFANTS
1st Infusion	1-2g	1-2g	1-2g	1-2g
2nd Infusion	1-2g	1-2g	1-2g	1-2g
3rd Infusion	1-2g	1-2g	1-2g	1-2g
4th Infusion	1-2g	1-2g	1-2g	1-2g
5th Infusion	1-2g	1-2g	1-2g	1-2g
6th Infusion	1-2g	1-2g	1-2g	1-2g
7th Infusion	1-2g	1-2g	1-2g	1-2g
8th Infusion	1-2g	1-2g	1-2g	1-2g
9th Infusion	1-2g	1-2g	1-2g	1-2g
10th Infusion	1-2g	1-2g	1-2g	1-2g

**Blend with Berberis, Poppyseed, Licorice & Butcher's Broom**

**Weight:**  
Tea bag 5g  
Loose Leaf 20g

**Can be infused:** 3 times

**Serving:** 1 teabag or 1 tsp. Loose Leaf

**Prep water:** 100ml

**Water temperature:**

**& Sleeping time:**  
Infusion 1: 80°C - 2min  
Infusion 2: 100°C - 2min  
Infusion 3: 100°C - 2min

**Best time to enjoy:** 30 min after breakfast, lunch or dinner

**Can help with:** Immunity, Digestion, Intestinal Disorder, Regulation, Nausea and Acid Reflux & more!

Refer to Blend Benefits List

[www.herbichallenge.com](http://www.herbichallenge.com)

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**Blend with Red Grape, Licorice, Bay Leaves, Goji Berry, Schisandra, Strawberries, Lemon Verbena, Rooibos & Natural Malic Acid**

**Weight:**  
Tea bag 20g  
Loose Leaf 20g

**Can be infused:** 2 times

**Serving:** 1 teabag or 1 tsp. Loose Leaf

**Fresh Water:** 200ml

**Water temperature:**

**& Sleeping time:**  
Infusion 1: 100°C - 2min  
Infusion 2: 100°C - 2min

**Best time to enjoy:** Anytime

**Can help with:** Immunity, Fever/Headache Relief, Intestinal Disorder, Regulation, Menstrual Cramp Relief & more!

Refer to Blend Benefits List

[www.herbichallenge.com](http://www.herbichallenge.com)

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**Blend with Lic, Sage, Lemongrass & Thyme**

**Weight:**  
Tea bag 20g  
Loose Leaf 20g

**Can be infused:** 2 times

**Serving:** 1 teabag or 1 tsp. Loose Leaf

**Fresh water:** 200ml

**Water temperature:**

**& Sleeping time:**  
Infusion 1: 100°C - 2min  
Infusion 2: 100°C - 2min

**Best time to enjoy:** Anytime

**Can help with:** Women's Health, Cold/Flu/Fu Relief, Fever/Headache Relief, Immunity, Regulation & more!

Refer to Blend Benefits List

[www.herbichallenge.com](http://www.herbichallenge.com)



# MIXED PACKS SHOP "FUSION"



## WOLF

Bundles of 3 signature tea bags for  
**more than 7 cups:**

- **Tea – EYES CLOSED:** Sencha / Peppermint / Licorice / Butterfly Pea
- **Energizing herbal – WONDERLAND:** Red grape leaves / Bay leaves / Lemon Verbena / Schisandra / Strawberry / Boletus & Porcini mushrooms / Goji berry
- **Relaxing herbal – FIRST LOVE:** Dill / Sage / Lemongrass / Thyme





# MIXED PACKS SHOP "FUSION" ELEPHANT - Price: 6\$

**Blend Benefits List**  
Link the benefits listed to the ones on the blend packet, to recognize the possible benefits of every blend.

- Antibiotic - Boosts Clarity, Control
- Antioxidant - Boosts Clarity, Control
- Antiviral
- Anti-Inflammatory
- Anti-Cancer
- Brain Function Enhancement - Brain Cell Regeneration & Proliferation
- Cardiovascular Health & Weight Loss (F.A.T. & Cholesterol Control)
- Cold, Cough & Flu Relief
- Cholesterol
- Digestion
- Energy & Cell Function
- Fever & Inflammation Relief
- Immune/Phagocytosis
- Insulin/Thyroid Regulation
- Iron Deficiency
- Muscle Cramps Relief - Antispasmodic
- Nausea & Bile Relief
- Neurological & Memory Support
- Respiratory Relief
- Skin Care
- Stomach Support - Gastrointestinal, Metabolic & Nutritional

**Bargain Blend Guidelines**

	COFFEE	TEA	HERB TEA	FRUIT/VEGETABLE
ANTIBIOTIC	0	0	0	0
ANTIOXIDANT	0	0	0	0
ANTIVIRAL	0	0	0	0
ANTI-INFLAMMATORY	0	0	0	0
ANTI-CANCER	0	0	0	0
BRAIN FUNCTION ENHANCEMENT	0	0	0	0
CARDIOVASCULAR HEALTH & WEIGHT LOSS	0	0	0	0
COLD, COUGH & FLU RELIEF	0	0	0	0
CHOLESTEROL	0	0	0	0
DIGESTION	0	0	0	0
ENERGY & CELL FUNCTION	0	0	0	0
FEVER & INFLAMMATION RELIEF	0	0	0	0
IMMUNE/PHAGOCYTOSIS	0	0	0	0
INSULIN/THYROID REGULATION	0	0	0	0
IRON DEFICIENCY	0	0	0	0
MUSCLE CRAMPS RELIEF	0	0	0	0
NAUSEA & BILE RELIEF	0	0	0	0
NEUROLOGICAL & MEMORY SUPPORT	0	0	0	0
RESPIRATORY RELIEF	0	0	0	0
SKIN CARE	0	0	0	0
STOMACH SUPPORT	0	0	0	0

**PEACEMAKER**  
Blend with Licorice Root, Ashwagandha, Holy Basil, Peppermint & Cardamom

**FOCUS**  
Blend with Licorice Root, Ashwagandha, Holy Basil, Peppermint & Cardamom

**EASE BREEZE**  
Blend with Licorice Root, Ashwagandha, Holy Basil, Peppermint & Cardamom

**Tag:**  
Tapping or  
acupuncture  
or  
Day 7  
After Breakfast  
PEACEMAKER  
After Lunch  
FOCUS  
After Dinner  
EASE BREEZE

**Blend with Licorice Root, Ashwagandha, Holy Basil, Peppermint & Cardamom**

**Weight:**  
Teabag 2.5g  
Loose Leaf 25g

**Can be Infused:** 3 times  
Serving: 1 teabag or  
1 tsp. Loose Leaf

**Fresh water:** 160ml

**Water temperature & Steeping time:**  
Infusion 1: 80°C - 2hrs  
Infusion 2: 90°C - 4hrs  
Infusion 3: 100°C - 5hrs  
Best time to enjoy: 20 min after breakfast or lunch

**Can help with:** Anxiety, Mood, Antioxidant, Asthma, Blood Sugar, Cardiovascular Health & Weight

**Refer to Blend Benefits List**

**Blend with Licorice Root, Ashwagandha, Holy Basil, Peppermint & Cardamom**

**Weight:**  
Teabag 2.5g  
Loose Leaf 25g

**Can be Infused:** 3 times  
Serving: 1 teabag or  
1 tsp. Loose Leaf

**Fresh water:** 200ml

**Water temperature & Steeping time:**  
Infusion 1: 100°C - 3hrs  
Infusion 2: 100°C - 4hrs  
Best time to enjoy: anytime

**Can help with:** Brain Function, Weight loss/Cholesterol control, Digestion, Cardiovascular Health, Stress, Smoking, & more

**Refer to Blend Benefits List**

**Blend with Licorice Root, Ashwagandha, Holy Basil, Peppermint & Cardamom**

**Weight:**  
Teabag 2.5g  
Loose Leaf 25g

**Can be Infused:** 3 times  
Serving: 1 teabag or  
1 tsp. Loose Leaf

**Fresh water:** 200ml

**Water temperature & Steeping time:**  
Infusion 1: 100°C - 3hrs  
Infusion 2: 100°C - 4hrs  
Best time to enjoy: 20 min after breakfast or lunch

**Can help with:** Clarity, Control, Cold/Cough/Flu Relief, Immune/Phagocytosis, Insulin/Thyroid Regulation, & more

**Refer to Blend Benefits List**



# MIXED PACKS SHOP "FUSION"



## ELEPHANT

Bundles of 3 signature tea bags for  
**more than 7 cups:**

- **Tea – PEACEMAKER:** Hojicha / Tulsi / Red peppercorn / Grapefruit
- **Energizing herbal – FOCUS:** Moringa leaves / Mango leaves / Lemongrass / Goji berry
- **Relaxing herbal – EASE BREEZE:** Musk Mallow flower / Mallow leaf / Pine needle / Hyssop





# MIXED PACKS SHOP "FUSION"

**EAGLE - Price: 6\$**

**Blend Benefits List**  
Use the following Blend Benefits instead of the individual herbs to recognize the possible benefits of every Blend

- Antibacterial - Breath & Sore Throat
- Anti-inflammatory (not all anti-inflammatories - identify)
- Anticancer
- Antifungal
- Antiviral
- Bone Density Improvement - Bone Cell Regeneration & Aids
- Cardiovascular Health & Weight Loss (not all Cardiovascular)
- Cold, Cough & Flu Relief
- Digestion
- Diuretic
- Emmenagogue
- Elderly & Child Friendly
- Fatigue & Menopausal Relief
- Healthy Digestion
- Intestinal Disorder Regulation
- Joint Relief
- Muscle Cramp Relief - Anti-inflammatory
- Nausea & Acid Reflux
- Respiratory Cilia & Spleen Stone Breaking
- Pregnancy Safe
- Relaxant
- Women's Health - Menstruation, Menopause & Hot Flashes

**Suggested Guideline**

	Herb	Weight	Preparation	Infusion	Best Time to Enjoy
COLD	10g	10g	10g	10g	10g
	10g	10g	10g	10g	10g
	10g	10g	10g	10g	10g
WETNESS	10g	10g	10g	10g	10g
	10g	10g	10g	10g	10g
	10g	10g	10g	10g	10g
ALLERGIES	10g	10g	10g	10g	10g
	10g	10g	10g	10g	10g
	10g	10g	10g	10g	10g

**REBIRTH**  
Blend with Cardamom, Orange, Cardamom, Star Anise, Cinnamon, Clove, Ginger & Vanilla.

**Weight:**  
Teaspoon 2g  
Loose Leaf 20g

**Can be infused:** 2 times  
Steeping: 1 teabag or 1 tsp. Loose Leaf  
Fresh water: 200ml

**Water temperature & Steeping time:**  
Infusion 1: 100°C - 5min  
Infusion 2: 100°C - 5min  
Infusion 3: 100°C - 5min  
Best time to enjoy: 20min after breakfast or lunch

**Can help with:** Immunity, Anxiety and Stress Relief, Cold/Cough/Flu/Respiratory, Digestion & more

Refer to Blend Benefits List  
www.helloherbs.com

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**ELIXIR**  
Blend with Apple, Licorice, Fennel & Cardamom

**Weight:**  
Teaspoon 2g  
Loose Leaf 20g

**Can be infused:** 2 times  
Steeping: 1 teabag or 1 tsp. Loose Leaf  
Fresh water: 200ml

**Water temperature & Steeping time:**  
Infusion 1: 100°C - 5min  
Infusion 2: 100°C - 5min  
Best time to enjoy: Anytime

**Can help with:** Throat, Croup, Cold/Cough/Flu/Respiratory, Digestion Regulation & more

Refer to Blend Benefits List  
www.helloherbs.com

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**INSPIRATION**  
Blend with Anise Seeds, Fennel Seeds & Saffron Flower

**Weight:**  
Teaspoon 2g  
Loose Leaf 20g

**Can be infused:** 2 times  
Steeping: 1 teabag or 1 tsp. Loose Leaf  
Fresh water: 200ml

**Water temperature & Steeping time:**  
Infusion 1: 100°C - 5min  
Infusion 2: 100°C - 5min  
Best time to enjoy: Anytime

**Can help with:** Anxiety and Stress Relief, Digestion, Intestinal Disorder Regulation, Women's Health & more

Refer to Blend Benefits List  
www.helloherbs.com



# MIXED PACKS SHOP "FUSION"



## EAGLE

Bundles of 3 signature tea bags for  
**more than 7 cups:**

- **Tea – REBIRTH:** Black tea / Bergamot / Orange / Cardamom / Star Anise / Cinnamon / Cloves / Ginger / Vanilla
- **Energizing herbal – ELIXIR:** Rooibos / Tulsi / Ceylon Cinnamon / Apple
- **Relaxing herbal – INSPIRATION:** Anise seed / Rose bud / Saffron flower





# MIXED PACKS SHOP "FUSION"

**BEE - Price: 6\$**

**Blend Benefits List**  
Link the following dots to the ones on the blend packet, to help you decide which to use.

- Antibiotic - Breathe & Cough Relief
- Antioxidant (boosting IGF of some cancers - Immunity)
- Anti-aging & Skin Care
- Brain Power
- Cholesterol Management - Blood Cholesterol & Triglycerides
- Cardiovascular Health & Weightloss - Fat & Cholesterol Control
- Cellular Energy & Fat Burn
- Diabetes
- Diets & Cold Flashes
- Eye & Vision Health
- Heart & Blood Pressure
- Immune System Regulation
- Joint Pain
- Metabolic Support - Anti-inflammatory
- Nausea & Acid Reflux
- Neurological & Memory Support
- Pregnancy Safe
- Stomach
- Women's Health - Menstruation, Menopause & Hot Flashes

**Suggested Guidelines**

	DAY	WITH SLEEPING	WITH LUNCH	WITH DINNER
ANTIBIOTIC	0	0	0	0
ANTIOXIDANT	0	0	0	0
ANTI-AGING	0	0	0	0
BRAIN POWER	0	0	0	0
CHOLESTEROL	0	0	0	0
CELLULAR ENERGY	0	0	0	0
DIABETES	0	0	0	0
DIETS	0	0	0	0
EYE & VISION	0	0	0	0
HEART & BLOOD PRESSURE	0	0	0	0
IMMUNE SYSTEM	0	0	0	0
JOINT PAIN	0	0	0	0
METABOLIC SUPPORT	0	0	0	0
NAUSEA & ACID REFLUX	0	0	0	0
NEUROLOGICAL & MEMORY	0	0	0	0
PREGNANCY SAFE	0	0	0	0
STOMACH	0	0	0	0
WOMEN'S HEALTH	0	0	0	0

**Awakening**  
Bee Blend  
100% Natural

**Sobriety**  
Bee Blend  
100% Natural

**Relief**  
Bee Blend  
100% Natural

**How to Use:**  
1. Add 1 packet to 1 cup of water.  
2. Stir well.  
3. Drink immediately.

**Awakening**  
Blend with Organic Breakfast, Blueberry, Peach & Almond Sower

Weight: 1.5g (0.05 oz)  
Loose Leaf 27g

Can be infused 2 times  
Serving: 1 packet or 1 tsp. Loose Leaf  
Fresh water 100ml

**Water temperature & Steeping time:**  
Infusion 1: 100°C - 30min  
Infusion 2: 100°C - 15min  
Best time to enjoy 30 min after breakfast or lunch

Can help with Anxiety and Stress Relief, Brain Function, Fever and Headache Relief, Immune Protection & More

Refer to Blend Benefits List

**Sobriety**  
Blend with Hibiscus, Guava, Orange & Peal Cover

Weight: 2g (0.07 oz)  
Loose Leaf 28g

Can be infused 2 times  
Serving: 1 teaspoon or 1 tsp. Loose Leaf  
Fresh water 100ml

**Water temperature & Steeping time:**  
Infusion 1: 100°C - 30min  
Infusion 2: 100°C - 15min  
Best time to enjoy 30 min after breakfast or lunch

Can help with Cooling Body Temperature, Breathe Freshness, Antioxidant, Immune System Regulation, & more

Refer to Blend Benefits List

**Relief**  
Blend with Lemons, Blueberry, Peach & Orange

Weight: 1.5g (0.05 oz)  
Loose Leaf 27g

Can be infused 2 times  
Serving: 1 packet or 1 tsp. Loose Leaf  
Fresh water 100ml

**Water temperature & Steeping time:**  
Infusion 1: 100°C - 30min  
Infusion 2: 100°C - 15min  
Best time to enjoy 30 min after breakfast or lunch

Can help with Immune System Function, Diabetes, Liver, Digestion & more

Refer to Blend Benefits List



# MIXED PACKS SHOP “FUSION”



## BEE

Bundles of 3 signature tea bags for  
more than 7 cups:

- **Tea - AWAKENING:** English Breakfast / Bachelor’s Button / Peach / Almond flower
- **Energizing herbal - SOBRIETY:** Hibiscus / Cumin / Ginger / Red Clover
- **Relaxing herbal - RELIEF:** Lavender / Butterfly Pea / Daisy





# MIXED PACKS SHOP "FUSION"

**LION - Price: 6\$**

**Blend Benefits List**  
Use the following blend to be used on the blend product to maximize the possible benefits of every blend.

- Antioxidant: Boosts & Controls Cholesterol
- Anticancer: Helps to reduce cancer risk
- Blood & Circulation
- Blood Sugar
- Blood Purifying: Improves - 10 year risk reduction of heart
- Cardiovascular Health & Weight Loss - Lip & Cholesterol Control
- Cold, Cough & Flu Relief
- Diabetes
- Digestion
- Energy: Boosts Energy
- Eye & Visual Aid Relief
- Fatigue Prevention
- Heart & Stroke: Regulates
- Liver Care
- Muscle: Boosts Blood - Bone Inflammation
- Nerve & Pain Relief
- Nervous System & Aging: Boosts Brain
- Pregnancy Safe
- Skin Care
- Supports Health - Antioxidant, Anticancer & HD Protein

**Suggested Guidelines**

	DAY	WEEK	MONTHLY	WATER TEMPERATURE	WATER AMOUNT
1	100%	100%	100%	100%	100%
2	100%	100%	100%	100%	100%
3	100%	100%	100%	100%	100%
4	100%	100%	100%	100%	100%
5	100%	100%	100%	100%	100%
6	100%	100%	100%	100%	100%
7	100%	100%	100%	100%	100%
8	100%	100%	100%	100%	100%
9	100%	100%	100%	100%	100%
10	100%	100%	100%	100%	100%
11	100%	100%	100%	100%	100%
12	100%	100%	100%	100%	100%
13	100%	100%	100%	100%	100%
14	100%	100%	100%	100%	100%
15	100%	100%	100%	100%	100%
16	100%	100%	100%	100%	100%
17	100%	100%	100%	100%	100%
18	100%	100%	100%	100%	100%
19	100%	100%	100%	100%	100%
20	100%	100%	100%	100%	100%
21	100%	100%	100%	100%	100%
22	100%	100%	100%	100%	100%
23	100%	100%	100%	100%	100%
24	100%	100%	100%	100%	100%
25	100%	100%	100%	100%	100%
26	100%	100%	100%	100%	100%
27	100%	100%	100%	100%	100%
28	100%	100%	100%	100%	100%
29	100%	100%	100%	100%	100%
30	100%	100%	100%	100%	100%
31	100%	100%	100%	100%	100%

**Do it!**  
 Add packet  
 100% 100%  
 Afternoon  
 40-50% 100%  
 No Deep  
 SLEEP 100%

**Blend with Japanese Matcha & Ashwagandha**

**Weight:** 20g (0.705 oz)  
**Loose Leaf 20g**

**Can be infused:** 1 time  
**Serving:** 1 packet or 1 tsp Loose Leaf

**Fresh water:** 200ml  
**Water temperature:** 70°C

**Steeping guidance:**  
 • Start at powder (10g) in bowl.  
 • Add water gradually whisking with your dry stick.  
 • Sip slowly from pitcher.  
 • Done at the top.  
 • Choose to research the Matcha Ceremony history!

**Best time to enjoy:** Before exercise, work or meditation

**Can help with:** Daily Fatigue, Weight Loss, Cardiovascular Health, Diabetes, Women's Health & more

Refer to Blend Benefits List  
[www.theblend.com](http://www.theblend.com)

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**Blend with Ashwagandha, Turmeric, Cinnamon, Cloves, Fennel, Star Anise & Black Pepper**

**Weight:** 20g (0.705 oz)  
**Loose Leaf 20g**

**Can be infused:** 2 times  
**Serving:** 1 packet or 1 tsp Loose Leaf

**Fresh water:** 200ml  
**Water temperature & Steeping time:**  
 Infusion: 1: 100°C - 10min  
 Infusion 2: 100°C - 10min  
**Best time to enjoy:** Party time

**Can help with:** Immunity, Asthma, Risk Factor, Women's Health & more

Refer to Blend Benefits List  
[www.theblend.com](http://www.theblend.com)

---

**Blend with German Chamomile, Roman Chamomile, Peppermint, Sage & Mint**

**Weight:** 20g (0.705 oz)  
**Loose Leaf 20g**

**Can be infused:** 1 time  
**Serving:** 1 packet or 1 tsp Loose Leaf

**Fresh water:** 200ml  
**Water temperature & Steeping time:**  
 Infusion: 100°C - 10min  
 Infusion 2: 100°C - 10min  
**Best time to enjoy:** Anytime

**Can help with:** Weight Loss, Cardiovascular Health, Immunity, Prevention, Muscle Cramp Relief, Women's Health & more

Refer to Blend Benefits List  
[www.theblend.com](http://www.theblend.com)



# MIXED PACKS SHOP "FUSION"



## LION

Bundles of 3 signature tea bags for  
more than 7 cups:

- **Tea – HEART POWER:** Matcha / Milk Thistle
- **Energizing herbal – NO PROBLEM:**  
Zallouh / Turmeric / Cinnamon / Cloves /  
Fennel / Black peppercorn / Star Anise
- **Relaxing herbal – DEEP SLEEP:**  
Chamomile / Roman Chamomile / Red Clover  
/ Sage / Mastic







# MIXED PACKS SHOP “FUSION”



## DOLPHIN

Bundles of 3 signature tea bags for  
**more than 7 cups:**

- **Tea – HIGH FREQUENCY:** Yunnan red tea / Red Clover flower / Thyme
- **Energizing herbal – CHERRY ON TOP:** Damiana / Palo Santo / Cherry stick & fruit
- **Relaxing herbal – SVELTE:** Sweet Scented Geranium / Lotus / Basil





# MIXED PACKS SHOP "FUSION" BUTTERFLY - Price: 6\$

**Blend Benefits List**  
List the following dose to the user on the blend packet to maximize the possible benefits of every blend.

- Allergies - Asthma & Cough/Croup
- Antioxidant/Immunity
- Anxiety & Depression
- Aches & Pains
- Blood Sugar
- Blood Pressure
- Bone Density Support - (Use Citrus Bioflavonoids & Fruit)
- Cardiovascular Health & Vascular Tone - (Use A Cardiovascular Support)
- Cold, Flu & Allergies
- Diabetes
- Digestion
- Elderly & Child Family
- Eye & Vision Health
- Immune Protection
- Irritable Bowel Regulation
- Joint Pain
- Mental Clarity Support - (Use Adaptogens)
- Nausea & Acid Reflux
- Respiratory & Cough/Sore Throat
- Pregnancy Safe
- Skin Care
- Women's Health - Menstruation, Menopause & Hot Flashes

**Suggested Guidelines**

	WITH SUGGESTED DOSE	WITH SUGGESTED DOSE	WITH SUGGESTED DOSE
1.0g	1.0g	1.0g	1.0g
2.0g	2.0g	2.0g	2.0g
3.0g	3.0g	3.0g	3.0g
4.0g	4.0g	4.0g	4.0g
5.0g	5.0g	5.0g	5.0g
6.0g	6.0g	6.0g	6.0g
7.0g	7.0g	7.0g	7.0g
8.0g	8.0g	8.0g	8.0g
9.0g	9.0g	9.0g	9.0g
10.0g	10.0g	10.0g	10.0g

**Blend with Nettle, Linden, Lemon Balm, Basil, Cardamom & Jujube.**

Weight: Teabag 5g, Loose Leaf 10g

Can be infused 3 times  
Serving: 1 teabag or 1/2 tsp. Loose Leaf  
Fresh water 200ml

**Water temperature & Sleeping time:**  
Infusion 1: 80°C - 4min  
Infusion 2: 80°C - 4min  
Infusion 3: 70°C - 5min  
Best time to enjoy: 20min after breakfast or lunch.

Can Help with Immunity, Anxiety and Stress Relief, Brain Function, Weight Loss, Cardiovascular & more.

Refer to Blend Benefits List

[www.butterflyherbal.com](http://www.butterflyherbal.com)

**Blend with Nettie, Rosehip, Beetroot, Dairy & Star Anise.**

Weight: Teabag 2.5g, Loose Leaf 2.5g

Can be infused 2 times  
Serving: 1 teabag or 1 tsp. Loose Leaf  
Fresh water 200ml

**Water temperature & Sleeping time:**  
Infusion 1: 100°C - 5min  
Infusion 2: 100°C - 5min  
Best time to enjoy: Anytime

Can Help with Antibacterial, Blood Clots, Prostaglandin, Liver/Carbohydrate, Liver Doses & more.

Refer to Blend Benefits List

[www.butterflyherbal.com](http://www.butterflyherbal.com)

**Blend with Peppermint, Echinacea & Citrus Seeds.**

Weight: Teabag 3.5g, Loose Leaf 10g

Can be infused 3 times  
Serving: 1 teabag or 1/2 tsp. Loose Leaf  
Fresh water 200ml

**Water temperature & Sleeping time:**  
Infusion 1: 100°C - 5min  
Infusion 2: 100°C - 5min  
Best time to enjoy: Anytime

Can Help with Antibacterial, Immunity, Cold/Flu/RSV, Relief, Digestion & more.

Refer to Blend Benefits List

[www.butterflyherbal.com](http://www.butterflyherbal.com)



# MIXED PACKS SHOP "FUSION"



## BUTTERFLY

Bundles of 3 signature tea bags for  
**more than 7 cups:**

- **Tea – REVIVAL:** Mate / Linden / Lemon Balm / Green Cardamom / Jujube

- **Energizing herbal – CELEBRATION:** Nettle / Rosehip / Beetroot / Star Anise / Daisy

- **Relaxing herbal – EXHALE:** Peppermint / Echinacea / Cacao seed





## MIXED PACKS SHOP "METAMORPHOSIS"



Swipe along for more about each mixed pack and how to purchase it.





## MIXED PACKS SHOP “METAMORPHOSIS”

**3 different packs of 12 signature tea bags**, filled with natural organic blends of teas and herbals, for a total of **30 infusions**.

Every set is packed in a beautiful **100% ecofriendly gift box** that makes a great present for special occasions and dinner invitations, and consists of:

- 12 cotton tea bags on a bay stick
- Blend benefits list
- Suggested guideline
- Gift of 15g bay laurel leaves
- Reusable tea box/ tissue box

### **Metamorphosis 1:**

**Initiate** - An assortment of herbs, fruits, flowers and spices that you have probably met before

### **Metamorphosis 2:**

**Discover** - An assortment of herbs, fruits, flowers and spices that you would love to meet with.

### **Metamorphosis 3:**

**Expand** - An assortment of herbs, fruits, flowers and spices that you didn't think you would meet in this lifetime.



## MIXED PACKS SHOP “METAMORPHOSIS”

### Metamorphosis 1 – Initiate

The first trip you choose to take with NATURE’S WARMTH teas and herbals, will **remind you of your ancestors’ wisdom and reinforces your inherited belief** in the power of pure natural herbs, and in the new life form that it takes inside your veins.







# MIXED PACKS SHOP "METAMORPHOSIS"

**Metamorphosis 1 – Initiate**  
Price: **22\$**



# METAMORPHOSIS 1

## INITIATE



### 4 Tea blends for after breakfast:

- **ALKALIZE:** Japanese Kukicha / Marigold / Chrysanthemum
- **MINDFUL:** Earl Grey / Sage / Marigold / Kumquat
- **FORTRESS:** White tea Silver Needle / Cedar leaf / Rose bud
- **FOREVER YOUNG:** Japanese Sencha / Hawthorn

### 4 Energizing herbal tea blends for after lunch:

- **ENERGIZE:** Ginger / Lemon / Turmeric / Black peppercorn / Lemon Verbena
- **MEMORY LANE:** Red Ginseng / Lemon Balm / Fennel seeds / Oat tops
- **FLAME:** Ceylon Cinnamon / Saigon Cinnamon
- **IMMUNITY:** Rooibos / Echinacea / Orange / Cacao / Marigold

### 4 Relaxing herbal tea blends for after dinner:

- **BLOSSOM:** Linden / German Chamomile / Rosemary / Yarrow / Rose / Daisy / Calamint / Dandelion / Myrtle leaves
- **SWEET WOOD:** Licorice root / Butterfly Pea
- **FLU AWAY:** Elderflower / Elderberry / Mulberry leaf / Raspberry leaf
- **STONE BREAKER:** Pomegranate skin & seed / Parsley leaf & seed / Lavender





## MIXED PACKS SHOP “METAMORPHOSIS”

### Metamorphosis 2 – Discover

With the second trip you choose to take with NATURE’S WARMTH teas and herbals, you will start appreciating tea time like the best time of the day, **feeling the positive change in your body**, and noticing the glow on your skin as a living proof **of transformation.**





# MIXED PACKS SHOP "METAMORPHOSIS"

**Metamorphosis 2 – Discover**  
Price: **22\$**





# METAMORPHOSIS 2

## DISCOVER



### 4 Tea blends for after breakfast:

- **PURIFY:** White tea Peony / Myrtle leaf & fruit / Agastache / Carob / Camelia Sinensis bud
- **EYES CLOSED:** Sencha / Peppermint / Liquorice / Butterfly Pea
- **PEACEMAKER:** Hojicha / Tulsi / Red peppercorn / Grapefruit
- **REBIRTH:** Black tea / Bergamot / Orange / Cardamom / Star Anise / Cinnamon / Cloves / Ginger / Vanilla

### 4 Energizing herbal blends for after lunch:

- **FULL MOON:** White Ginseng / Guava leaf & fruit / Apple / Oregano
- **WONDERLAN:** Red grape leaves / Bay leaves / Lemon Verbena / Schisandra / Strawberry / Boletus & Porcini mushrooms / Goji berry
- **FOCUS:** Moringa leaves / Mango leaves / Lemongrass / Goji berry
- **ELIXIR:** Rooibos / Tulsi / Ceylon Cinnamon / Apple

### 4 Relaxing herbal blends for after dinner:

- **DREAMER:** Olive leaves / Lavender / German Chamomile / Jasmine
- **FIRST LOVE:** Dill / Sage / Lemongrass / Thyme
- **EASE BREEZE:** Musk Mallow flower / Mallow leaf / Pine needle / Hyssop
- **INSPIRATION:** Anise seed / Rose bud / Saffron flower



## MIXED PACKS SHOP “METAMORPHOSIS”

### Metamorphosis 3 – Expand

At healing stage, you would be completing the 36 blends’ Challenge, giving 96 herb species the chance to help you renew your cells and regenerate your energy, **change old beliefs and establish new habits** in your life like taking the time for drinking tea many times a day, to build and sustain the **healthiest life style in harmony with your nature.**







# METAMORPHOSIS 3

## EXPAND



### 4 Tea blends for after breakfast:

- **AWAKENING:** English Breakfast / Bachelor's Button / Peach / Almond flower
- **HEART POWER:** Matcha / Milk Thistle
- **HIGH FREQUENCY:** Yunnan red tea / Red Clover flower / Thyme
- **REVIVAL:** Mate / Linden / Lemon Balm / Green Cardamom / Jujube

### 4 Energizing herbal blends for after lunch:

- **SOBRIETY:** Hibiscus / Cumin / Ginger / Red Clover
- **NO PROBLEM:** Zallouh / Turmeric / Cinnamon / Cloves / Fennel / Black peppercorn / Star Anise
- **CHERRY ON TOP:** Damiana / Palo Santo / Cherry stick & fruit
- **CELEBRATION:** Nettle / Rosehip / Beetroot / Star Anise / Daisy

### 4 Relaxing herbal blends for after dinner:

- **RELIEF:** Lavender / Butterfly Pea / Daisy
- **DEEP SLEEP:** Chamomile / Roman Chamomile / Red Clover / Sage / Mastic
- **SVELTE:** Sweet Scented Geranium / Lotus / Basil
- **EXHALE:** Peppermint / Echinacea / Cacao seed



DISCOVER  
THE HEALTH  
BENEFITS OF  
DRINKING  
OUR ORGANIC  
TEA & HERBAL  
BLENDS





## Relate the colored dots

on your tea pouch to the following list of benefits, each represented by a different color

**Blend with** Red Ginseng, Lemon Balm, Fennel Seeds, Oat tops & Butterfly Pea.

**Weight:**

Teabag 3.1g  
Loose Leaf 31g

**Can be infused:** 2 times

**Serving:** 1 teabag or  
1 tsp. Loose Leaf

**Fresh water:** 200ml

**Water temperature &  
Steeping time:**

**Infusion 1:** 100°C - 8min.

**Infusion 2:** 100°C - 12min.

**Best time to enjoy:** Anytime

**Can help with** Anxiety/Stress  
Relief, Brain Function, Liver detox,  
Women's Health & more:



Refer to Blend Benefits List

[www.hachichitalbe.com](http://www.hachichitalbe.com)



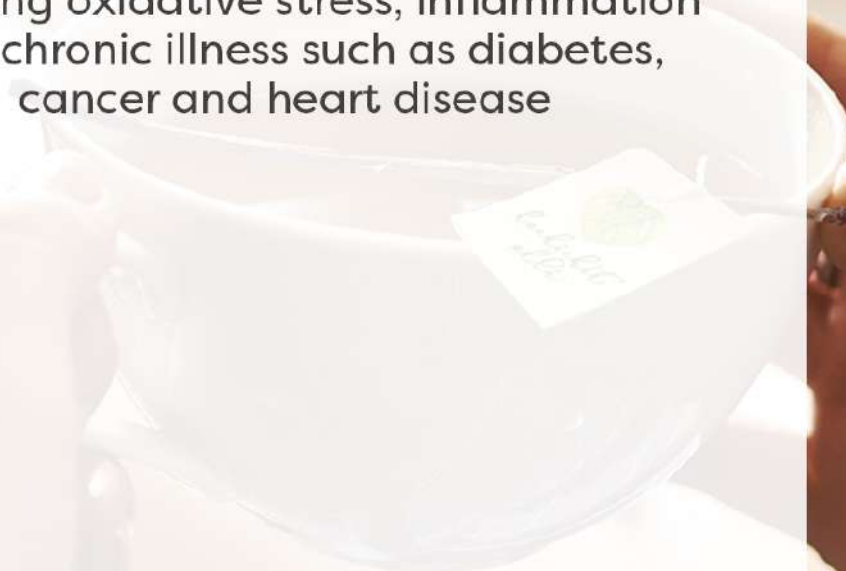


It is important to know that

**all herbs and blends are  
antibacterial and  
antioxidant.**

They help the body to prevent or treat  
bacterial and viral infections by  
strengthening its own resistance.

Being **antioxidant** means that  
they react and neutralize free radicals,  
reducing oxidative stress, inflammation  
and chronic illness such as diabetes,  
cancer and heart disease





## Antibacterial Breath & Cavity Control

All herbs & blends are antibacterial. They help the body to prevent or treat bacterial and viral infection by strengthening its own resistance.



Look for the benefits related colored dot on our packs





## Antibacterial- Breath & cavity control

The related blends list:

- . Alkalize
- . Awakening
- . Blossom
- . Celebration
- . Cherry on Top
- . Deep Sleep
- . Dreamer
- . Ease Breeze
- . Elixir
- . Energize
- . Exhale
- . Eyes Closed
- . First Love
- . Flame
- . Flu Away
- . Focus
- . Forever Young
- . Fortress
- . Full Moon
- . Heart Power
- . High Frequency
- . Immunity
- . Inspiration
- . Memory Lane
- . Mindful
- . No Problem
- . Peacemaker
- . Purify
- . Rebirth
- . Relief
- . Revival
- . Sobriety
- . Stone Breaker
- . Svelte
- . Sweet Wood
- . Wonderland



Look for the benefits related  
colored dot on our packs



## Antioxidant Lowering risk of some cancers Immunity

All herbs & blends are antioxidant. They react and neutralize free radicals, reducing oxidative stress, inflammation, and chronic illness such as diabetes, cancer and heart disease.



Look for the benefits related colored dot on our packs





## Antioxidant - Lowering risk of some cancers - Immunity

The related blends list:

- . Alkalize
- . Awakening
- . Blossom
- . Celebration
- . Cherry on Top
- . Deep Sleep
- . Dreamer
- . Ease Breeze
- . Elixir
- . Energize
- . Exhale
- . Eyes Closed
- . First Love
- . Flame
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- . Peacemaker
- . Purify
- . Rebirth
- . Relief
- . Revival
- . Sobriety
- . Stone Breaker
- . Svelte
- . Sweet Wood
- . Wonderland



Look for the benefits related colored dot on our packs



## Anxiety & stress relief

The related blends list:

- . Alkalize
- . Awakening
- . Blossom
- . Celebration
- . Cherry on Top
- . Deep Sleep
- . Dreamer
- . Elixir
- . Energize
- . Exhale
- . Eyes Closed
- . First Love
- . Flu Away
- . Focus
- . Forever Young
- . Fortress
- . Full Moon
- . Heart Power
- . High Frequency
- . Inspiration
- . Memory Lane
- . No Problem
- . Peacemaker
- . Purify
- . Rebirth
- . Relief
- . Revival
- . Sobriety
- . Stone Breaker
- . Svelte
- . Sweet Wood
- . Wonderland



Look for the benefits related colored dot on our packs





## Aphrodisiac

The related blends list:

- . Celebration
- . Cherry on Top
- . Flame
- . Full Moon
- . Inspiration
- . Memory Lane
- . No Problem
- . Rebirth
- . Sobriety
- . Svelte
- . Wonderland



Look for the benefits related colored dot on our packs



## Blood detox

The related blends list:

- . Alkalize
- . Awakening
- . Celebration
- . Cherry on Top
- . Deep Sleep
- . Dreamer
- . Ease Breeze
- . Elixir
- . Energize
- . Eyes Closed
- . First Love
- . Flu Away
- . Focus
- . Forever Young
- . Heart Power
- . High Frequency
- . Immunity
- . Inspiration
- . Mindful
- . Peacemaker
- . Purify
- . Rebirth
- . Relief
- . Revival
- . Stone Breaker
- . Svelte
- . Sweet Wood
- . Wonderland



Look for the benefits related colored dot on our packs





## Brain function improvement - Brain cell regeneration & focus

The related blends list:

- . Awakening
- . Blossom
- . Cherry on Top
- . Deep Sleep
- . Dreamer
- . Energize
- . Eyes Closed
- . First Love
- . Flame
- . Focus
- . Forever Young
- . Fortress
- . Full Moon
- . Heart Power
- . High Frequency
- . Memory Lane
- . Mindful
- . No Problem
- . Peacemaker
- . Purify
- . Relief
- . Revival
- . Sobriety
- . Stone Breaker
- . Sweet Wood
- . Wonderland



Look for the benefits related  
colored dot on our packs



## Cardiovascular health & weight loss- Fat & cholesterol control

The related blends list:

- . Alkalize
- . Celebration
- . Cherry on Top
- . Deep Sleep
- . Dreamer
- . Elixir
- . Exhale
- . Eyes Closed
- . Flame
- . Flu Away
- . Focus
- . Forever Young
- . Fortress
- . Full Moon
- . Heart Power
- . High Frequency
- . Immunity
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- . Peacemaker
- . Purify
- . Rebirth
- . Relief
- . Revival
- . Sobriety
- . Stone Breaker
- . Svelte
- . Sweet Wood
- . Wonderland



Look for the benefits related  
colored dot on our packs





## Cold, cough & flu relief

The related blends list:

- Alkalize
- Awakening
- Blossom
- Celebration
- Deep Sleep
- Dreamer
- Ease Breeze
- Elixir
- Energize
- Exhale
- Eyes Closed
- First Love
- Flu Away
- Fortress
- Heart Power
- Immunity
- Inspiration
- Memory Lane
- No Problem
- Peacemaker
- Purify
- Rebirth
- Revival
- Sobriety
- Stone Breaker
- Wonderland



Look for the benefits related  
colored dot on our packs



## Diabetes

The related blends list:

- . Awakening
- . Blossom
- . Deep Sleep
- . Dreamer
- . Elixir
- . Energize
- . Eyes Closed
- . First Love
- . Flame
- . Flu Away
- . Focus
- . Forever Young
- . Full Moon
- . Heart Power
- . High Frequency
- . Immunity
- . Inspiration
- . Memory Lane
- . Mindful
- . No Problem
- . Peacemaker
- . Purify
- . Rebirth
- . Relief
- . Revival
- . Sobriety
- . Svelte
- . Sweet Wood
- . Wonderland



Look for the benefits related colored dot on our packs





## Digestion

The related blends list:

- . Alkalize
- . Awakening
- . Blossom
- . Celebration
- . Cherry on Top
- . Deep Sleep
- . Dreamer
- . Ease Breeze
- . Elixir
- . Energize
- . Exhale
- . Eyes Closed
- . First Love
- . Focus
- . Forever Young
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- . Mindful
- . No Problem
- . Peacemaker
- . Purify
- . Relief
- . Revival
- . Sobriety
- . Stone Breaker
- . Svelte
- . Sweet Wood
- . Wonderland



Look for the benefits related colored dot on our packs



## Elderly & child friendly

The related blends list:

- . Alkalize
- . Awakening
- . Blossom
- . Celebration
- . Deep Sleep
- . Dreamer
- . Ease Breeze
- . Elixir
- . Energize
- . Exhale
- . First Love
- . Flu Away
- . Focus
- . Fortress
- . Heart Power
- . Immunity
- . Inspiration
- . Peacemaker
- . Rebirth
- . Stone Breaker
- . Sweet Wood
- . Svelte
- . Wonderland



Look for the benefits related  
colored dot on our packs





## Fever & headache relief

The related blends list:

- . Alkalize
- . Awakening
- . Cherry on Top
- . Energize
- . Exhale
- . Eyes Closed
- . First Love
- . Forever Young
- . Fortress
- . Heart Power
- . High Frequency
- . Mindful
- . Peacemaker
- . Purify
- . Relief
- . Revival
- . Wonderland



Look for the benefits related colored dot on our packs



## Insomnia prevention

The related blends list:

- . Awakening
- . Blossom
- . Deep Sleep
- . Dreamer
- . Ease Breeze
- . First Love
- . Flame
- . Flu Away
- . High Frequency
- . Immunity
- . Inspiration
- . Rebirth
- . Wonderland



Look for the benefits related colored dot on our packs





## Intestinal disorder regulation

The related blends list:

- . Blossom
- . Celebration
- . Cherry on Top
- . Deep Sleep
- . Dreamer
- . Ease Breeze
- . Elixir
- . Energize
- . Eyes Closed
- . Exhale
- . Flu Away
- . Focus
- . Full Moon
- . Inspiration
- . Memory Lane
- . No Problem
- . Purify
- . Sobriety
- . Sweet Wood
- . Wonderland



Look for the benefits related  
colored dot on our packs



## Liver detox

The related blends list:

- .Awakening
- .Celebration
- .Cherry on Top
- .Ease Breeze
- .Energize
- .Exhale
- .Focus
- .Full Moon
- .High Frequency
- .Immunity
- .Inspiration
- .Memory Lane
- .Mindful
- .Peacemaker
- .Purify
- .Rebirth
- .Relief
- .Sobriety
- .Stone Breaker
- .Svelte
- .Revival



Look for the benefits related colored dot on our packs



## Muscle cramp relief Anti-inflammatory

The related blends list:

- . Alkalize
- . Awakening
- . Blossom
- . Cherry on Top
- . Deep Sleep
- . Dreamer
- . Ease Breeze
- . Elixir
- . Energize
- . First Love
- . Flame
- . Flu Away
- . Fortress
- . Immunity
- . Inspiration
- . Purify
- . Rebirth
- . Revival
- . Sobriety
- . Stone Breaker
- . Svelte
- . Sweet Wood
- . Wonderland



Look for the benefits related colored dot on our packs





## Nausea & acid reflux

The related blends list:

- . Cherry on Top
- . Exhale
- . Eyes Closed
- . Focus
- . Fortress
- . Full Moon
- . Memory Lane
- . Purify
- . Revival
- . Sweet Wood



Look for the benefits related colored dot on our packs



## Perennial gull & kidney stone breaking

The related blends list:

- . Dreamer
- . Ease Breeze
- . Eyes Closed
- . First Love
- . Focus
- . Stone Breaker



Look for the benefits related  
colored dot on our packs



## Pregnancy safe

The related blends list:

- . Elixir
- . Energize
- . Exhale
- . Focus
- . Forever Young
- . Immunity
- . Relief



Look for the benefits related colored dot on our packs





## Skincare

The related blends list:

- . Alkalize
- . Awakening
- . Blossom
- . Celebration
- . Deep Sleep
- . Dreamer
- . Ease Breeze
- . Elixir
- . Energize
- . Exhale
- . Eyes Closed
- . First Love
- . Flu Away
- . Focus
- . Forever Young
- . Fortress
- . Full Moon
- . Heart Power
- . Immunity
- . Inspiration
- . Memory Lane
- . Mindful
- . No Problem
- . Peacemaker
- . Purify
- . Relief
- . Sobriety
- . Stone Breaker
- . Svelte
- . Sweet Wood
- . Wonderland



Look for the benefits related colored dot on our packs



## Women's health - Menstruation, menopause & hot flushes

The related blends list:

- . Alkalize
- . Awakening
- . Blossom
- . Celebration
- . Cherry on Top
- . Deep Sleep
- . Dreamer
- . Ease Breeze
- . Elixir
- . Energize
- . Exhale
- . Eyes Closed
- . First Love
- . Flame
- . Flu Away
- . Focus
- . Forever Young
- . Fortress
- . Full Moon
- . Heart Power
- . High Frequency
- . Inspiration
- . Memory Lane
- . Mindful
- . No Problem
- . Peacemaker
- . Purify
- . Relief
- . Revival
- . Sobriety
- . Stone Breaker
- . Svelte
- . Sweet Wood
- . Wonderland



Look for the benefits related  
colored dot on our packs