

Herbal blend information

Release & Breathe

Release and Breathe, is great for allergy and sinus congestion. Our star is ingredient, pleurisy root. Release and Breathe will get you back right if used consistently. Each packet includes 3 sachets.

Immune Boom

Immune Boom includes immune boosting herbs and tastes great. That's a win-win, in my opinion. Includes yellow dock and yarrow. 3 sachets per pouch

Majestic Brew

Although this blend is for everyone, this was made with men in mind. Contains herbs that are beneficial to men's health. 3 sachets per pouch

Boost Me Up, Toddy!

Have a case of the blues? Need a mid-day pick-me-up? Boost Me Up, Toddy! may give you the extra boost you need. The herbs used in this herbal blend have been known to be mood boosters.*

Each packet includes 3 sachets.

*Ingredients:** Lemongrass, Schisandra, licorice root, rose petals, yerba mate, goji berries*

Maker's notes: Boost Me Up, Toddy! has fruity undertones and a great taste. Each sachet includes about 10 mg of caffeine (from yerba mate)

Take a Breather

Refresh your airways with our "Take a Breather" herbal blend. Help combat your allergy/cold/sinus symptoms* while enjoying a nice cup of herbal tea.

Each packet includes 3 sachets.

Herbal blend information

*Ingredients:** Calendula, mullein leaf, yarrow, spearmint, hibiscus, elderberries*

Maker's notes: Take a Breather has a pleasant taste. It's somewhat of a medicine taste, but it's a good medicine taste.

Refresh Me

We can all use a little boost in our immune system. "Refresh Me" is an herbal blend that may give you an extra boost.* A simple but tasty herbal treat.

Each packet includes 3 sachets.

*Ingredients:** Hibiscus, marshmallow root, yerba mate, chaga mushrooms, goji berries, rose petals*

Maker's notes: Refresh Me is another flavorful blend! It reminds me of black tea ("regular" tea). The chaga is the real benefit MVP in this blend, although the flavor comes from the hibiscus, rose petals, and goji berries. Each sachet includes about 10 mg of caffeine (from yerba mate)

Pinkies Up

Feeling a little high noon-ish? Enjoy this herbal blend specifically with feeling fancy in mind.* Just sit pretty and throw that pinky up!

Each packet includes 3 sachets.

*Ingredients:** Raspberry leaf, rose petals, hibiscus, spearmint, licorice root, dried apples*

Maker's notes: Pinkies Up has a very floral and refreshing taste. I could drink this all day.

Herbal blend information

Spiced Apple

Spiced Apple is an herbal blend that makes you feel like it's Fall any time you're enjoying a cup. Or maybe you will have a warm piece of apple pie in mind. We hope you enjoy it as much as we do.

Each packet includes 3 sachets.

*Ingredients: Dried apples,** dried pineapples, dried cranberries, calendula,** licorice root,** cinnamon, nutmeg, allspice, ginger*

Maker's notes: Spiced Apple is a smooth herbal blend. It has an even amount of apple and spice.

Indigo Refresher

It's a magical experience! This blend has a great taste and is great for destressing. Tea is indigo in color once brewed due to the butterfly pea flower. 3 sachets/pouch

Ingredients: Lemongrass, butterfly pea flower, raspberry leaf, rose hips

She Needs Tea

She Needs Tea caters to women but can be enjoyed by men and women. This herbal blend supports women's health,* young and old.

Each packet includes 3 sachets.

*Ingredients:** Raspberry leaf, mullein leaf, horsetail, hibiscus, stevia leaf, ashwagandha, goji berries*

Maker's notes: She Needs Tea has a really good flavor. The hibiscus and raspberry leaf are the highlight of this blend.