



Organic Rosehip Tea Powder

Organic Rosehip Herbal Tea and Powder provides large amounts of Vitamin C, along with a rich natural source of nutrients and minerals including vitamins A, B, C, & E, essential fatty acids and antioxidants. This product is grown in Chile, which is one of the few remaining unpolluted regions on earth.

Extremely high in vitamin C, rosehips are the pods that you find at the base of the rose flower. They are separate from rose petals, which are also used to make tea. However, rosehips tea stands apart because it is so densely packed with nutrients. These have the seeds of the rosebush in them, which explains why they are so valuable. Rosehips are the best source of vitamin C; they contain 50% more vitamin C than oranges. A single tablespoon of the pulp gives an adult more than the recommended daily allowance of 60 mg. Because of the high vitamin C content they are an excellent immune system booster, and are often used as a supplement to prevent or treat a cold with their antibacterial, anti-viral, antioxidant and anti-inflammatory properties.

Drinking rosehip tea daily will also benefit your skin. Rosehips have a high vitamin A content. Vitamin A is commonly referred to as the "skin vitamin". It helps to regenerate skin cells, healing wounds and scars. It also helps to keep the skin elastic and nourished. This will not only prevent wrinkles, but can actually help to minimize any that have already appeared.

Many complementary medicine physicians use rosehips to treat wounds and inflammations. Research in Denmark and Germany on rosehips showed that it was very beneficial in treating rheumatoid arthritis. The group taking the remedy had an improvement in their mobility by 20 to 25% and experienced less pain and a general overall improvement in mood and the way they felt. The studies showed significant improvement in individuals suffering from osteoarthritis as well, proving the anti-inflammatory properties.

Rosehips also contain carotenoid pigments, plant sterols, tocotrienols and a very high level of anthocyanins, catechins and other polyphenolics, known phytochemicals which may help to protect against cardiovascular disease (CVD). They also contain up to 5 % by weight of pectin, a soluble fiber that protects against CVD. In clinical trials, rosehips were seen to reduce C-reactive protein levels, associated with a lower risk of CVD.

The tea is also helpful in minor ailments, like urinary tract infections, prevents stress, helps with weight loss, acts as a diuretic, helps with reducing the fatty liver, and helps to control blood sugar level, acts as an anti-depressant due to its calming effect and even helps to improve circulation. It is a fantastic all-purpose health product that has a great and unique taste and can be consumed daily.

Directions: Place 1-2 teaspoons of granules in hot or cold water. Add honey to taste (optional).

Ingredients: 100% Certified Organic Rosehip Tea Powder.



SIZE: 150g

BENEFITS SUMMARY

- Boosts the immune system, alkalizes the blood
- Regenerates skin cells
- Helps with the symptoms of rheumatoid and osteoarthritis
- Helps protect against cardiovascular disease
- Aids in relieving stress
- Improves circulation
- Lubricates the intestinal track
- Helps with weight loss
- It is rich in fibre which helps your whole internal body, lubricates the intestinal tract and tones up the bowel.