



# My BERRY DELICIOUS TEA



**Rich in vitamin C and antioxidants  
for wellbeing and internal beauty  
100g**

Vitamins A, B, C, E & F

Rich in antioxidants

Tastes Delicious

The perfect infusion of nature's sweets - My Berry Delicious Tea! A delicious selection of berries and wildflowers to calm and refresh your senses. Rich in minerals, antioxidants and vitamins A, B, C, E, F & K for better wellbeing and internal beauty. Helps to build collagen naturally. Enjoy the delicious fruity taste of this blend either hot or cold. Great for children and adults.



### ROSEHIP

Rich in vitamin A, B, C, E & F, antioxidants and essential fatty acids.



### HIBISCUS

Anti-inflammatory and helps calm blood pressure.



### ELDERBERRY

High in vitamin C and great for immune health.



### BLACKBERRY

Excellent source of vitamin K, helps to regulate blood sugar levels.



### RASPBERRY

Rich in vitamin C, B, manganese, antioxidants and dietary fibre.



### ROSE

Anti-inflammatory and helps digestion and calm anxiety

**It's Delicious & Berry Nutritious**



## Rosehip Berry

Organic Rosehip provides large amounts of Vitamin C, along with a rich natural source of nutrients and minerals including vitamins A,B,C, E & F, essential fatty acids and antioxidants. 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. 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. Rosehip 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 levels, acts as an anti-depressant due to its calming effect and even helps to improve circulation.

## Elderberry

Organic Elderberry herbal tea is known for its rich flavours. Elderberry herbal tea is commonly used for the treatment of influenza, swine flu and boosting the immune system. It is also considered ideal for the treatment of sinus pain, back and leg pain, nerve pain and chronic fatigue syndrome. Elderberry tea also helps in reducing inflammation.

**High in vitamin C:** There are 6–35 mg of vitamin C per 100 grams of fruit, which accounts for up to 60% of the recommended daily intake. **High in dietary fibre:** Elderberries contain 7 grams of fibre per 100 grams. **A good source of phenolic acids:** These compounds are powerful antioxidants that can help reduce damage from oxidative stress in the body. **Rich in anthocyanins:** These compounds give the fruit its characteristic dark black-purple colour and are a strong antioxidant with anti-inflammatory effects



## Rose Petals

Rose tea has many uses in health and wellness throughout history. It is thought to ease menstrual pains, boost the immune system, speed healing, improve digestion, detoxify the body, stimulate mood and regulate the sleep cycle. Rose tea has high concentrations of vitamin C, polyphenols, vitamin A, various minerals, myrcene, quercetin, and other antioxidants. The naturally uplifting quality for those who are feeling down, depressed, or overly stressed. The natural sedative property of rose tea makes it a wonderful beverage to finish a night, allowing it to reduce stress and regulate sleep.

## Raspberries

Raspberries are excellent sources of vitamin C, manganese, and dietary fibre. They are also rich in B vitamins, folic acid, copper, and iron. They have the highest concentration of antioxidant strength amongst all fruits. This is due to its high concentration of ellagic acid, anthocyanins, gallic acid, quercetin, cyanidin, catechins, pelargonidin, kaempferol, and salicylic acid. Raspberry leaf tea boasts several benefits, including increasing fertility in women, boosting the immune system, protecting the heart, decreasing inflammation, supporting a faster metabolism, regulating hormones, and preventing nausea and other gastrointestinal issues. While this tea serves different purposes, it is most famous as an aid for women's health. The taste of these fruits is sweet and has a subtly sharp tinge. Raspberries easily melt in your mouth because of their soft and sweet texture.



## Hibiscus

Hibiscus tea is naturally low in calories and is caffeine-free. According to the USDA Nutrient Database, it has a good supply of minerals including calcium, iron, magnesium, phosphorus, potassium, sodium, and zinc. It also contains B-vitamins like niacin and folic acid. This tea is a good source of anthocyanins, which make it beneficial for managing elevated blood pressure levels, the common cold, and urinary tract infections (UTIs). A report from the AHA (American Heart Association), published in November 2008, suggests that consuming this tea lowers the blood pressure in pre-hypertensive and mildly hypertensive adults. Because of its anti-inflammatory properties, hibiscus tea can reduce blood pressure by up to 10 points, according to a research done at Tufts University in Boston

## Blackberries

**Rich in vitamins:** Blackberries are full of vitamins and minerals like C, K, and manganese. Vitamin C & A have antioxidant properties and is involved in immune system functioning. Excellent source of vitamin K, a necessary nutrient for blood clotting, which is essential for proper wound healing. **Blackberries contain both soluble and insoluble types of fibre to assist in regulating blood sugar levels and sugar consumption.** **Antioxidants:** Blackberries contain high levels of antioxidants, such as anthocyanins. Antioxidants help people to fight against the adverse impact of free radicals in the body.





## BENEFITS OF MY BERRY DELICIOUS TEA

Rich in antioxidants and vitamins A, B, C, E & F

ROSEHIP: Rich in vitamin A, B, C, E & F antioxidants and essential fatty acids.

ELDERBERRY: High in vitamin C and great for immune health.

RASPBERRY: Rich in vitamin C, B, manganese, antioxidants and dietary fibre.

HIBISCUS: Anti-inflammatory and helps calm blood pressure.

BLACKBERRY: Excellent source of vitamin K, helps to regulate blood sugar levels.

ROSE: Anti-inflammatory and helps digestion and calm anxiety

**How to drink:** Serves 2. Add 2 teaspoons in a tea pot. Enjoy hot or cold.

**Ingredients:** Rosehip shells, rose petals, elderberry, raspberry, hibiscus and blackberry.

