

ORGANIC  
MERCHANT

# PRODUCT EDUCATION SHEETS

information about our  
premium herbal teas



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# Organic Merchant ANTIOXIDANT TEA

tart + tangy + fruity  
CAFFEINE FREE



## Ingredients (caffeine free)

Honey Bush, Amla Berry, Cranberry, Elderberry, Goji Berry, Hawthorne Berry, Hibiscus, Rosehips, Schizandra Berry, Rose Petals

## Taste

Our Antioxidant Tea is a stimulating, exotic blend of tart and tangy characters with a silky sweet aftertaste.

This blend is bursting with berries that bring a beautifully balanced zest to the tea, which is gracefully complemented by the sweet tones of the honey bush.

Conclusively, the sweet tarty flavour is complemented with hints of flowery tones from the rose petals, which ultimately curates a harmonious blend.

## Brewing Instructions

- Temperature: 100°C
- Time: minimum 3-5 minutes, brewing time is subject to taste
- Use 1 heaped teaspoon per 200ml of water.

*This infusion can be served hot or cold as an iced tea.*

*For cold brewing herbal infusions use room temperature water and leave to infuse for 6-12 hours.*

## Health Benefits

This carefully selected blend is bountiful with berries and a wonderful must-have for a beautiful skin and a healthy body. Naturally rich in antioxidants and vitamin C, this repairing blend has protective properties.

Its ingredients are traditionally used to protect against disease, promote recovery and support the liver and cardiovascular system.

### Healthy Skin & Hair / Anti-aging:

Goji Berries and Amla Berries naturally contain high amounts of antioxidants, nutrients, amino acids, carotenoids, polysaccharides and iron. This is what make them ideal for use in anti-aging products.

Some studies suggest that the properties found in these ingredients may naturally enrich hair growth.

The Rosehips and Petals are naturally rich in vitamin C and antioxidants, which is good for repairing cellular damage and maintaining a healthy skin.

### Treat high blood pressure / Improve blood circulation:

Hawthorn Berries & Hibiscus are traditionally used to treat high blood pressure, high cholesterol, improve blood circulation and the overall circulatory system.

*Store out of direct sunlight below 30°C.*

*Not intended to diagnose in any way. For treatment consult a healthcare professional.*



Organic Merchant  
**APÉRITIF TEA**  
lemon + mint  
CAFFEINE FREE



## Ingredients

Peppermint, Spearmint, Lemon Balm, Lemongrass, Meadowsweet

## Taste

Our Apéritif Tea is a cooling blend of herbs with a crisp, lemony aroma. The pepper- and spearmint make this blend boldly refreshing and revitalising, The lemon balm and -grass give an uplifting and invigorating twist to this tea.

## Brewing Instructions

- Temperature: 100°C
- Time: 3 - 5 minutes
- Use 1 heaped teaspoon per 200ml of water.

*This infusion can be served hot or cold as an iced tea.*

## Health Benefits

Naturally refreshing, this tea makes the perfect pre-dinner beverage. The ingredients found in this blend are traditionally used to support digestion, ease reflux, heartburn and other heated digestive conditions.

### Peppermint

This herb is traditionally used as an effective alternative to relax the intestinal muscles, calm the stomach discomfort and relieve blocked gas, thereby encouraging a healthy colon and a nourishing body.

### Spearmint

Besides boosting the immune system and eliminating nausea, spearmint is also good for reducing inflammation, due to its anti-inflammatory nature.

### Lemon Balm

Lemon balm is not only useful for people suffering from insomnia, it can also help with easing indigestion and reducing stress.

### Lemongrass

Naturally high in Vitamin A and C, folic acid, magnesium and zinc, Lemongrass has many beneficial medicinal properties including its anti-inflammatory, antidepressant and antibacterial features. Therefore, it is effective in easing digestion and detoxification.

### Meadowsweet

This herb has antacid and anti-inflammatory actions, making it ideal for traditionally treating gastrointestinal disorders including dyspepsia, gastrix reflux, diarrhoea etc.

*Store out of direct sunlight below 30°C.*

*Not intended to diagnose in any way. For treatment consult a healthcare professional.*





Organic Merchant

## BUCHU TEA

black currant + grassy

CAFFEINE FREE



### Ingredients (caffeine free)

Buchu\*, Uva Ursi, Juniper Berries\*, Couch Grass\*, Yarrow\*

(\*certified organic)

### Taste

Buchu Tea is a wonderfully fragrant and fruity herbal tea with a floral feel to it. The Buchu leaf is said to have a delightful black-currant aroma.

### Brewing Instructions

- Temperature: 90°C
- Time: minimum 3-5 minutes, brewing time is subject to taste
- Use 1 heaped teaspoon per 200ml of fresh water.

*Consume a maximum of 1-2 litres per day.*

### Health Benefits

Carefully selected for their antiseptic and soothing properties, this comforting blend of herbs traditionally provides relief for burning and discomfort during urination.

There is a number of studies on the buchu health benefits, ranging from flatulence to urinary infections. The plant's leaves is where the medicinal properties reside, which is the part of the plant that can also be found in our herbal blend.

The plant has been used as a traditional way of healing for centuries. Known as the 'elixir of youth', it was consumed through chewing the leaves as well as mixing it with other properties. Today, it is mainly consumed as a tea and is recognised for its anti-inflammatory properties, which is why pharmacists often recommend it to treat urinary infections.

### Further uses, health benefits and side effects associated with Buchu Tea:

- Urinary tract infections
- Bladder infections
- Gout
- Prostate infections
- High blood pressure
- Good antiseptic and natural anti-inflammatory
- Weight management
- Aids digestion
- Helps prevent cystitis as well as prostate and kidney problems
- Used as general health tonic and to promote overall well-being

The side effects of Buchu Tea depend on the amount that is consumed. Large amounts could result in diarrhoea and irritation of the stomach & kidney.

*Store out of direct sunlight below 30°C.*

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Organic Merchant

## CHAKRA TEA

floral + basil + mint

CAFFEINE FREE



### Ingredients (caffeine free)

Tulsi - Sacred Holy Basil, Lavender Flowers, Peppermint Leaf, Rose Petals, Chamomile Flowers, Ginger, Ashwagandha Root

### Taste

Our wonderfully vibrant Chakra Tea is a blend of 7 herbs, harmoniously aligned to form an earthy, floral mint tea. The energizing, uniquely spiced Tulsi is often described as resembling a blend of mint, licorice and clove. It's the plants leaves containing essential oils that contribute to the fragrance and refreshing flavour. The Tulsi is accompanied by cooling peppermint, paired with pungent Ashwagandha (Indian Ginseng) and ginger. The lavenders' and rose petals' floral flavour finally complements the chamomile's earthy sweetness, to perfect the aroma of this harmonious blend.

### Brewing Instructions

- Temperature: 100°C
- Time: minimum 3-5 minutes, brewing time is subject to taste
- Use 1 heaped teaspoon per 200ml of fresh water.

*This infusion can be served hot or cold as an iced tea.*

*For cold brewing herbal infusions use room temperature water and leave to infuse for 6-12 hours.*

### Health Benefits

This healing infusion promotes attunement and harmony to the chakra centres.

#### Tulsi - Sacred Holy Basil

A great natural remedy traditionally used to fight acne and other skin irritations. Tulsi is a great source of Vitamin K, which will positively benefit the digestive health, brain functions and bone density. Furthermore it is traditionally used to support eye issues, vision defects and metabolic damage.

#### Ashwagandha Root

Effective in controlling bacterial infections. This Indian Ginseng is rich in anti-inflammatory properties and traditionally used as an effective method to combat gastrointestinal and respiratory tract infections. Moreover, it is rich in antioxidants which is a natural way of scavenging toxins in the metabolic process.

#### Lavender

Helps reduce anxiety and emotional stress, as well as with the restoration of a healthy glowing skin complexion. In addition, due to its antioxidant content, it promotes slower aging of the skin.

#### Peppermint

Traditionally used as an effective alternative to relax the intestinal muscles, calm the stomach discomfort and relieve blocked gas, thereby encouraging a healthy colon and a nourishing body.

#### Chamomile

A natural way to ease bowel movements. Additionally, it may help battle skin inflammation scars and assist with the maintenance of the skin's healthy glow.

#### Ginger

An anti-inflammatory that helps relieve a sore throat quickly. It also helps kill rhinoviruses, which cause colds in the first place. Ginger can additionally help to sweat out unwanted toxins from the body.

*Store out of direct sunlight below 30°C.*

*Not intended to diagnose in any way. For treatment consult a healthcare professional.*



Organic Merchant  
**CLEANSING TEA**  
floral mint + lemon ginger  
CAFFEINE FREE



## Ingredients

Dandelion Root, Nettle, Ginger, Spearmint, Red Clover, Calendula, Lemon Peel

## Taste

Our Cleansing Tea is a soft, floral mint tea with a touch of ginger.

## Brewing Instructions

- Temperature: 100°C
- Time: minimum 3-5 minutes, brewing time is subject to taste
- Use 1 heaped teaspoon per 200ml of water.
- For stronger infusions soak for 8 hours or overnight.

*For cold brewing herbal infusions use room temperature water and leave to infuse for 6-12 hours.*

## Health Benefits

Our Cleansing Tea is a delicious and effective daily detox. This purifying blend of herbs is traditionally used to support the lymphatics, kidneys and liver for a radiant complexion and a renewed you.

Dandelion root is often used for supporting the liver, assisting detoxification and eliminating the built-up waste.

Nettle is often used for kidney and skin health as well as treating digestion problems such as IBS and constipation. Additionally, the high concentration of vitamin C and antioxidants make nettle an effective immune booster.

Ginger provides a natural scrub to the lacteals, or "collecting ducts" of the intestines, and is a natural boost and cleanse to the lymphatic system as a whole. It also invigorates the cardiovascular system for improved circulation.

Red clover supports a healthy skin and stimulates bile production to help the liver process fats in the body. Red clover's anti-inflammatory properties also help to reduce inflammation in the liver.

Calendula has a wide variety of uses; it is mainly used for swollen lymph nodes, for cleansing body tissues, and for anti-inflammatory purposes.

*Herbal infusions are termed food grade therapeutics and are generally safe to consume while pregnant and nursing. Please consult your practitioner for further advice.*

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# Organic Merchant BLACK CHAI (MASALA CHAI)

Ceylon tea + exotic spices  
CONTAINS CAFFEINE



## Ingredients (caffeine free)

Ceylon Black Tea Leaves, Cinnamon, Fennel, Ginger, Peppercorns, Aniseed, Cardamom, Clove

## Taste

The stimulating Ceylon black tea is complemented with powerful cardamom pods and supplemented by other Indian spices such as cinnamon and clove. The black peppercorns and the ginger add some heat to the organic blend.

All in all it is an uplifting blend with a full taste and warming notes.

## Brewing Instructions

To brew the organic black chai as a normal tea:

- Use 1-2 teaspoons per measuring cup of fresh boiling water.
- Allow the tea to brew for around five minutes.
- Enjoy black or with organic milk and honey.

*If Ceylon tea is steeped for too long, it might taste slightly bitter and may even leave a dry feeling in your mouth.*

## How to make a Masala Chai Latte:

1. Pour a cup of water into a saucepan.
2. Add three heaped teaspoons of our exotic black chai blend to the water while still cold and bring to a low boil. For an extra strong taste you can carefully grind the cardamom pods with a mortar and pestle before putting the organic masala mixture into the pot.
3. Let it simmer for 2 to 5 minutes, depending on your desired strength.
4. Add a cup of organic milk/mylk and a bit organic honey (to taste).
5. Bring to a quick boil again, then reduce heat and let it simmer for another minute or two.
6. Remove from heat and use a small mesh strainer to separate the loose leaf herbs and spices.

Enjoy your creamy, homemade masala chai.

In India aerating the chai is mostly done by rapidly pouring it back and forth between pots, frothing it in the process. Alternatively you can whisk the milk in the heating process.

## Health Benefits

This traditional blend of aromatic Indian spices supports digestion, improves circulation and is antioxidant rich. The ingredients act synergistically to increase each other's traditional healing benefits.

- **Beats fatigue:** The uplifting effect is mainly connected to the black tea found in the blend. The caffeine content is rather low compared to a cup of coffee, but it will still give you the necessary energy boost. Furthermore the Indian spices found in our blend help revitalise your body.
- **Anti-inflammatory:** Ginger is the most important ingredient when it comes to helping with inflammation. Additionally the cinnamon and clove work synergistically.
- **Cold and flu prevention:** The antimicrobial properties of the masala chai's constituent spices make this blend good for strengthening the immune system and minimising common infections' negative effects.
- **Improves digestion / reduces bloating:** The ginger cuts out the acidic nature of the tea, whereas the clove helps with saliva production. In general, the stomach's and intestinal digestive components' activities are enhanced by the spices found in our black chai tea, which assists in reducing bloating.
- **Assists in stabilising blood sugar levels:** Studies have shown that cinnamon and clove may help increase the body's insulin sensitivity and lower blood sugar levels.
- Assists with PMS relief

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Organic Merchant  
**GOLDEN CHAI**  
turmeric + exotic spices  
CAFFEINE FREE



### Ingredients (caffeine free)

Turmeric, Calendula, Cinnamon, Clove, Cardamom, Ginger, Fennel, Star Anise, Black Peppercorns

### Taste

Our Golden Chai is an exotic blend of Indian spices with turmeric and calendula. The blend is warming and has pleasant earthy undertones from the turmeric. This chai's aroma is quite intense, carrying strong notes of spices due to the cardamon, fennel, and black peppercorns. There is a hint of wildflower like floral notes from the calendula, rounding off this vibrantly brewing infusion.

### Brewing Instructions

- Temperature: 100°C
- Time: minimum 3-5 minutes, brewing time is subject to taste
- Use 1 heaped teaspoon per 200ml of water.

*This infusion can be served hot or cold as an iced tea, or made into a delicious and healthy turmeric latte. For cold brewing herbal infusions use room temperature water and leave to infuse for 6-12 hours.*

### Health Benefits

This traditional blend of spices supports digestion and improves circulation. It is blended with turmeric, which is renowned for its superior anti-inflammatory properties.

- **Turmeric** – anti-inflammatory, antioxidant, anti-platelet, cholagogue and hepatoprotective.
- **Calendula** – anti-inflammatory, wound-healing, astringent, antiseptic, cholagogue, lymphatic, hypocholesterolaemic and hypolipidaemic.
- **Cinnamon** – carminative, antimicrobial, hypoglycaemic, anti-inflammatory and antioxidant.
- **Clove** – antiseptic, antioxidant, anti-inflammatory, analgesic and anti-platelet.
- **Cardamon** – analgesic, carminative, antispasmodic and aphrodisiac.
- **Ginger** – anti-inflammatory, analgesic, carminative, anti-platelet and metabolic stimulant.
- **Fennel** – anti-inflammatory, antimicrobial, carminative and aromatic.
- **Star Anise** – stimulant, diuretic and carminative.
- **Black Peppercorn** – anti-platelet, antioxidant, analgesic, anti-inflammatory and antibacterial.

### How to make a Golden Chai Latte:

1. Add 1-1.5 tablespoons (depending on preferred strength) of our Golden Chai Tea to 1 cup of water in a saucepan.
2. Heat until boiling then reduce and simmer gently.
3. Add 1 cup of desired organic mylk (coconut or almond mylk are divine).
4. Simmer gently for another 5 minutes.
5. Carefully pour the mixture through a fine strainer into two cups.
6. Add a sprinkle of organic cinnamon dust on top for a delicious upgrade.

Relax, and enjoy. Serves 2.

This chai recipe not only makes the perfect turmeric latte, but is good for you as well. Turn the mix into an energy boosting smoothie, by blending the cooled down beverage with half a banana.

*Store out of direct sunlight below 30°C.*

*Not intended to diagnose in any way. For treatment consult a healthcare professional.*



Organic Merchant  
**ROASTED CHAI**  
rich roasted + sweetly spiced  
CAFFEINE FREE



**Ingredients (certified organic):**

Roasted Dandelion & Chicory Root, Cinnamon, Fennel, Ginger, Peppercorns, Aniseed, Cardamom, Clove

**Taste**

Our Roasted Chai has a rich, full bodied spice flavour with roasted dandelion and chicory root. Its bold roasted aroma makes it one of the most interesting blends we carry and the perfect coffee alternative.

**Brewing Instructions**

- Temperature: 100°C
- Time: minimum 5 minutes, brewing time is subject to taste  
*Infuse longer for a roasted taste that will make you replace your coffee.*
- Use 1 heaped teaspoon per 200ml of water

*This infusion can be served hot or cold as an iced tea, or made into a delicious and healthy roasted chai latte.*

**Health Benefits**

Dandelion has traditionally been used to support liver detoxification, while the selected spices aid digestion.

- **Dandelion Root**  
Naturally packed with minerals, phenolic acids and vitamins, this herb has digestive and laxative properties. It is traditionally used to treat gallbladder disorders
- **Chicory Root**  
Being rich in vitamins A, C, B, K and P, chicory root has long been hailed as a blood purifier. In addition studies have shown that tea containing chicory root helps to eliminate phlegm from the gastro-intestinal tract and alleviates symptoms associated with an upset stomach.
- **Cinnamon**  
Cinnamon is known for its carminative, antimicrobial and antidiarrhoeal actions and is often used to treat digestive problems, and problems related to the common cold, as well as nausea.
- **Aniseed**  
This antiparasitic herb, native to Turkey, Greece and Egypt, is traditionally used to treat coughs, bronchitis and pertussis.
- **Fennel / Ginger**  
Two aromatic, anti-inflammatory herbs, traditionally used to treat digestive and intestinal problems.

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Organic Merchant

## SPICY CHAI

hibiscus rose + exotic spices

CAFFEINE FREE



### Ingredients (caffeine free)

Fennel, Ginger, Cinnamon, Peppercorns, Cardamom, Star Anise, Orange Peel, Rosella, Rose Petals, Clove

### Taste

Our Spicy Chai is an exotic blend of Indian spices with warm citrus-rose overtones.

When people describe the taste of Chai, they are often really talking about the dominant flavor of green cardamom. Intensely fragrant, with sharp vegetal notes of green spice and pepper, green cardamom pods are harvested earlier than black cardamom, which is muskier and more smoky. For a more full bodied flavour that lasts in your mouth, we added fennel, ginger, cinnamon and clove to our blend.

All in all our Spicy Chai is complex, bold and evenly balanced with an underlying citrus-rose overtone that just makes you feel like you're drinking comfort straight from a cup.

### Brewing Instructions

- Temperature: 100°C
- Time: minimum 3-5 minutes, brewing time is subject to taste  
*Infuse longer for a spicy taste that knocks your socks off.*
- Use 1 heaped teaspoon per 200ml of water

*This infusion can be served hot or cold as an iced tea, or made into a delicious and healthy spicy chai latte. For cold brewing herbal infusions use room temperature water and leave to infuse for 6-12 hours.*

### Health Benefits

This traditional blend of spices supports digestion, improves circulation and is an invigorating caffeine free chai to be enjoyed any time of day or night.

- Fennel – carminative and aromatic digestive, anti-inflammatory, antimicrobial
- Ginger – circulatory and metabolic stimulant, anti-inflammatory, analgesic, carminative, anti-platelet
- Cinnamon – carminative, antimicrobial, hypoglycaemic, anti-inflammatory, antioxidant
- Peppercorns – antioxidant, anti-platelet, analgesic, anti-inflammatory, antibacterial
- Cardamom – carminative, analgesic, antispasmodic, aphrodisiac
- Star Anise – stimulant, diuretic, carminative
- Orange Peel - diuretic, digestiv
- Clove – antioxidant, antiseptic, anti-inflammatory, analgesic, anti-platelet

*Store out of direct sunlight below 30°C.*

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Organic Merchant

## DIGÉSTIF TEA

sweet + liquorice spiced

CAFFEINE FREE



### Ingredients

Liquorice, Chamomile, Fennel, Star Anise, Ginger, Hibiscus, Cinnamon, Cardamom Pods

### Taste

Our Digéstif Tea is the perfect balance of sweetness and soft spice, making it the perfect dessert.

The star anise and fennel complement the naturally sweet, yet soothing taste of the liquorice root. Liquorice is sweet because it contains a compound called glycyrrhizin, which is known to be up to 50 times sweeter than sugar.

### Brewing Instructions

- Temperature: 100°C
- Time: minimum 5 minutes; The longer it is infused for, the sweeter and more full-bodied the aroma gets.
- Use 1 heaped teaspoon per 200ml of water.
- For stronger infusions soak for 8 hours or overnight.

*For cold brewing herbal infusions use room temperature water and leave to infuse for 6-12 hours.*

### Health Benefits

This comforting blend of herbs is traditionally used to soothe digestion, reduce bloating, cramping and calm inflammatory digestive conditions.

All of the herbs used are digestive herbs, that work together in synergy. In Eastern medicine ginger, cinnamon and cardamom have warming actions, improving circulation and soothing agitation.

It is calming on the nervous system, due to the chamomile and liquorice, which is also often used as an adrenal restorative.

The star anise and the cinnamon are good for treating issues in the lower digestive tracts.

### Is this blend suitable for children?

Yes, it makes a beautiful calming tummy tea for children. Its sweet taste makes compliance easy. But remember to cool the tea before giving it to small children.

*Herbal infusions are termed food grade therapeutics and are generally safe to consume. However, people suffering from hypertension should avoid excessive consumption of liquorice. Please consult your practitioner for further advice.*

*Store out of direct sunlight below 30°C.*

*Not intended to diagnose in any way. For treatment consult a healthcare professional.*



Organic Merchant  
**ENERGY TEA**  
sweet + citrus + softly spiced  
CAFFEINE FREE



### Ingredients (caffeine free)

Liquorice, Lemongrass, Siberian Ginseng, Ginger, Orange Peel, Hibiscus, Gotu Kola, Cinnamon

### Taste

Our Energy Tea is a combination of sweet and uplifting herbs, that are supportive in times of stress.

The liquorice root makes the blend naturally sweet, whereas the lemongrass and the ginger give it its tanginess. The Siberian ginseng is often described as providing a touch of woodiness to the taste.

All in all it is a naturally sweet blend, with hints of citrus, complemented by soft spices.

### Brewing Instructions

- Temperature: 100°C
- Time: minimum 5 minutes, brewing time is subject to taste
- Use 1 heaped teaspoon per 200ml of water.
- For stronger infusions soak for 8 hours or overnight.

*For cold brewing herbal infusions use room temperature water and leave to infuse for 6-12 hours.*

### Health Benefits

This wonderfully uplifting blend has revitalizing benefits. The herbs that can be found in it are traditionally used to support adrenals and regulate blood sugar levels.

Whereas the liquorice and the siberian ginseng support your energy levels, the gotu kola is known to aid with meditation and rejuvenation. Gotu kola also has skin health benefits and promotes general well being as well as a relaxed mind. Cinnamon may naturally help lower your blood sugar; it has antioxidants and is great for your skin, just like the liquorice root.

The adrenal herbs found in this blend support balancing the body and mind. We recommend this tea in times of stress, to help you glide through busy days.

*Store out of direct sunlight below 30°C.*

*Not intended to diagnose in any way. For treatment consult a healthcare professional.*



Organic Merchant  
**ESSIAC TEA**  
cleansing + slightly bitter  
CAFFEINE FREE



## Ingredients

Burdock Root, Sheep Sorrel (*Yes, this blend includes the highly beneficial Sheep Sorrel root.*), Slippery Elm Bark, Turkish Rhubarb Root

## Taste

Our organic Essiac Tea is a powerful and bitter decoction. This blend is not to be primarily enjoyed for its taste, but supports the cleansing and toning of the whole body.

## Brewing Instructions

1. Use 10g (1 tablespoon) of tea per 1 litre of pure spring water.
2. Boil the water for 10 minutes and allow to cool.
3. Store your tea in glass bottle in fridge.

## Dosage:

The amount of tea consumed depends on you and the condition of your health. Typically, the dosage that is recommended is 30ml of herbal tea diluted in 60ml of hot water. This should be sipped slowly, preferably before bed or on rising. Food should be avoided at least an hour after drinking the tea.

## Health Benefits

Our Essiac blend is based on Nurse Rene Caisse's traditional herbal formula. These powerful herbs stimulate the immune system, eliminate toxins and support toning of the whole body.

### What is Essiac Tea used for?

Essiac Tea has many health benefits but is commonly known as an alternative treatment for cancer. It has been perfected throughout the years and is made up of a mixture of roots, bark and leaves. The blend is designed to aid the body in removing toxins and wastes, allowing cellular renewal and improved health. Each ingredient has antioxidant and anti-cancer effects which helps boost the immune system and detoxify the body.

While Essiac Tea is not recommended as a cancer treatment, there are studies that show an improved sense of well-being for those who consumed it. This could simply be due to the relaxing act of enjoying a cup of tea or because of the many beneficial properties it contains.

It is also good for gastrointestinal diseases, diabetes and our overall good health.

### Are there any side effects of Essiac Tea?

Like anything, it is all about moderation. Our herbal blend is a detox for our body and it will help discharge waste and toxins. There can be minor symptoms that appear when starting to drink the tea including, headaches, mild diarrhea, nausea and a runny nose.

The main side effects of Essiac Tea all come down to dosage. If we consume too much of it, it could lead to gastrointestinal discomfort, diarrhea, diabetes, kidney stones and headaches/nausea. However, there have only been few reports of these side effects occurring.

*Store out of direct sunlight below 30°C.*

*Not intended to diagnose in any way. For treatment consult a healthcare professional.*



# Organic Merchant FRENCH EARL GREY TEA

bergamont + lavender + rose  
CONTAINS CAFFEINE



## Ingredients

Earl Grey, Rose Petals, Lavender

## Taste

Our French Earl Grey blend uses a wonderfully fragrant, bergamot infused black tea as a base and complements it with a French bouquet of lavender and rose.

It is delicious black, or with organic milk and honey.

## Brewing Instructions

- Temperature: 100°C
- Time: 3 - 5 minutes
- Use 1-2 teaspoons per 200ml of water.

## Health Benefits

The French Earl Grey is naturally high in protective antioxidants and is wonderfully restoring and relaxing, due to the addition of Lavender and Rose.

### Cold & Flu

Although all tea can be warming and help stimulate the immune system, it is believed that the bergamot contained in early grey is particularly effective at preventing colds and the onset of flu.

### Immune System

The natural antioxidants found in black tea defend against oxidative stress in the body and reduce the load on the immune system, preventing many infections and diseases.

### Stress & Anxiety

A warm cup of tea is one of the best remedies for a long, stressful day at work, and early grey tea is particularly good for this. The small amount of caffeine helps to increase focus and clarity, without resulting in the caffeine high of coffee.

### Energy Booster

The caffeine found in early grey tea can provide a great "pick me up" in the middle of the day, but is still mild enough to work as a relaxing beverage at the end of the night as well.

*Store out of direct sunlight below 30°C.*

*Not intended to diagnose in any way. For treatment consult a healthcare professional.*



# Organic Merchant

## CINNAMON & ORANGE BLOSSOM ICED TEA

citrus + floral + sweet spice  
CAFFEINE FREE



### Ingredients (caffeine free)

Calendula Flowers, Lime Flowers, Elder Flowers, Yarrow Flowers, Cinnamon Chips, Orange Peel

### Taste

Our Cinnamon & Orange Blossom Iced Tea is enjoyed for its wonderful floral, citrus spice aroma, creating a smooth and pleasant brew.

### How to make iced tea:

1. Add a litre of freshly boiled water to 1 to 2 heaped tablespoons of loose leaf tea and let it rest for at least 5-30 minutes, depending on how full bodied you prefer the flavour. If you like a stronger taste, let the loose leaves infuse over night, then strain.
2. Allow to cool down naturally or enjoy directly served over ice cubes for instant iced tea.
3. Can be stored in the fridge for up to 3 days.

Our homemade iced teas are fantastic as a cocktail mixer or non-alcoholic mocktail base.

*Note: You can speed up the cooling process by stirring in some ice cubes until melted or putting your homemade iced tea in your fridge or freezer for a while. But watch out to not store the hot beverage in there directly; it would just heat up your fridge. We recommend to let it reach room temperature before putting it into the fridge.*

### Cold-brewing iced tea:

Cold brewed tea is our personal favourite type of iced tea, as we find the flavours come out more delicate.

1. Add 2 to 3 heaped tablespoons of your favourite herbal infusion to a litre of room temperature water.
2. Leave to infuse for 6 to 12 hours, then strain.

### Cocktail Recipe Idea

- 100ml Cinnamon & Orange Blossom Iced Tea
- 50ml Champagne
- 30ml Lemon Vodka
- 10ml Orange Liqueur

*Serve over ice, garnished with oven-roasted orange peels. Add organic honey to taste.*

### Health Benefits

The herbs found in this blend have the added benefits of improving circulation, cleansing the lymphatics, balancing blood sugars and supporting the immune system.

*Store out of direct sunlight below 30°C.*

*Not intended to diagnose in any way. For treatment consult a healthcare professional.*



# Organic Merchant EARL GREY ICED TEA

bergamont + lavender + rose  
CONTAINS CAFFEINE



## Ingredients

Earl Grey, Rose Petals, Lavender

## Taste

A wonderfully fragrant, bergamot infused black tea base complemented by a French bouquet of lavender and rose. This blend is the most classic one amongst our refreshing iced tea range and a must have for spring and summer.

## How to make iced tea:

1. Add a litre of freshly boiled water to 1 to 2 heaped tablespoons of loose leaf tea and let it rest for at least 5-30 minutes, depending on how full bodied you prefer the flavour.
2. Allow to cool down naturally or enjoy directly served over ice cubes for instant iced tea.
3. Can be stored in the fridge for up to 3 days.

Our homemade iced teas are fantastic as a cocktail mixer or non-alcoholic mocktail base.

*Note: You can speed up the cooling process by stirring in some ice cubes until melted or putting your homemade iced tea in your fridge or freezer for a while. But watch out to not store the hot beverage in there directly; it would just heat up your fridge. We recommend to let it reach room temperature before putting it into the fridge.*

## Cold-brewing iced tea:

Cold brewed tea is our personal favourite type of iced tea, as we find the flavours come out more delicate.

1. Add 2 to 3 heaped tablespoons of your favourite herbal infusion to a litre of room temperature water.
2. Leave to infuse for 6 to 12 hours, then strain.

## Health Benefits

The French Earl Grey Iced Tea is naturally high in protective antioxidants and is wonderfully restoring and relaxing, due to the addition of Lavender and Rose.

### Immune System

The natural antioxidants found in black tea defend against oxidative stress in the body and reduce the load on the immune system, preventing many infections and diseases.

### Stress & Anxiety

A warm cup of tea is one of the best remedies for a long, stressful day at work, and early grey tea is particularly good for this. The small amount of caffeine helps to increase focus and clarity, without resulting in the caffeine high of coffee.

### Energy Booster

The caffeine found in early grey tea can provide a great "pick me up" in the middle of the day, but is still mild enough to work as a relaxing beverage at the end of the night as well.

*Store out of direct sunlight below 30°C.*

*Not intended to diagnose in any way. For treatment consult a healthcare professional.*



# Organic Merchant

## LEMON, LIME & BITTERS ICED TEA

lemon + lime + bitters  
CAFFEINE FREE



### Ingredients (caffeine free)

Lemon Myrtle, Lemon Verbena, Lime Flowers, Lime Leaves, Elder Flowers, Yarrow Flowers, Lemon Peel, Orange Peel

### Taste

A lemon and lime sensation with zesty bitter peels, enjoyed for its revitalising citrus taste.

### How to make iced tea:

1. Add a litre of freshly boiled water to 1 to 2 heaped tablespoons of loose leaf tea and let it rest for at least 5-30 minutes, depending on how full bodied you prefer the flavour.
2. Allow to cool down naturally or enjoy directly served over ice cubes for instant iced tea.
3. Can be stored in the fridge for up to 3 days.

Our homemade iced teas are fantastic as a cocktail mixer or non-alcoholic mocktail base.

*Note: You can speed up the cooling process by stirring in some ice cubes until melted or putting your homemade iced tea in your fridge or freezer for a while. But watch out to not store the hot beverage in there directly; it would just heat up your fridge. We recommend to let it reach room temperature before putting it into the fridge.*

### Cold-brewing iced tea:

Cold brewed tea is our personal favourite type of iced tea, as we find the flavours come out more delicate.

1. Add 2 to 3 heaped tablespoons of your favourite herbal infusion to a litre of room temperature water.
2. Leave to infuse for 6 to 12 hours, then strain.

### Cocktail Recipe Idea

- 140ml Lemon, Lime & Bitters Iced Tea
- 30ml Lemon Vodka
- 30ml Spiced Rum

*Serve over ice, rimmed with raw coconut sugar.*

### Health Benefits

The herbs found in this blend have the added benefits of supporting the immune system as well as calming the nervous system, making it the perfect iced tea to relax to.

*Store out of direct sunlight below 30°C.*

*Not intended to diagnose in any way. For treatment consult a healthcare professional.*





# Organic Merchant MOROCCAN MINT ICED TEA

cool + minty  
CONTAINS CAFFEINE



## Ingredients

Sencha Green Tea, Peppermint, Spearmint

## Taste

Our Moroccan Mint Iced Tea is an exotic blend of Sencha green tea and mint. It is fantastic served chilled over ice with a sprig of fresh mint. The addition of peppermint and spearmint make this blend boldly refreshing and revitalising.

## How to make iced tea:

1. Add a litre of freshly boiled water to 1 to 2 heaped tablespoons of loose leaf tea and let it rest for around 5-30 minutes, depending on how full bodied you prefer the flavour.
2. Allow to cool down naturally or enjoy directly served over ice cubes for instant iced tea.
3. Can be stored in the fridge for up to 3 days.

Our homemade iced teas are fantastic as a cocktail mixer or non-alcoholic mocktail base.

*Note: You can speed up the cooling process by stirring in some ice cubes until melted or putting your homemade iced tea in your fridge or freezer for a while. But watch out to not store the hot beverage in there directly; it would just heat up your fridge. We recommend to let it reach room temperature before putting it into the fridge.*

## Cold-brewing iced tea:

Cold brewed tea is our personal favourite type of iced tea, as we find the flavours come out more delicate.

1. Add 2 to 3 heaped tablespoons of your favourite herbal infusion to a litre of room temperature water.
2. Leave to infuse for 6 to 12 hours, then strain.

## Moroccan Mojito Recipe

- 140ml Moroccan Mint Iced Tea  
To make refreshing iced tea with our moroccan mint blend, simply brew the tea as you normally would and let it cool down to room temperature before putting it in the fridge.
- 60ml White Rum
- 1 Lime Wedge

Sweeten to taste and garnish with a mint sprig.

## Health Benefits

Naturally high in protective antioxidants, this blend is traditionally used to ease digestion and lift energy.

Sencha Green Tea is highly regarded for its health benefits, especially in Japan. Amongst others it is skin saving, metabolism boosting, anti-aging, immune supporting and energy lifting.

*Store out of direct sunlight below 30°C.*

*Not intended to diagnose in any way. For treatment consult a healthcare professional.*



# Organic Merchant

## RUBY ROSE & ELDERBERRY ICED TEA



fruity + floral  
CAFFEINE FREE

### Ingredients (caffeine free)

Elderberry, Rosehips, Hibiscus, Red Rose Petals

### Taste

Bursting with fruity aromas and incredibly refreshing... that is probably the best way to pinpoint the taste of our Ruby Rose & Elderberry Iced Tea. The Rosehips add a hint of floral tones to one of our favourite summer blends.

### Brewing Instructions

- Use 1 heaped tablespoon per 1L of boiling water. Brew for at least 30min or leave overnight, then strain.
- Allow to go cold naturally or serve over ice for instant iced tea.
- Fantastic as a cocktail mixer or non alcoholic mocktail base.

*Once brewed, the iced tea can be stored in a fridge. It will be good for at least 2-3 days.*

*For cold brewing herbal infusions use room temperature water and leave to infuse for 6-12 hours.*

### Health Benefits

Naturally packed with antioxidants and vitamin C, this blend has the added benefits of supporting the immune system, protecting against disease and relaxing the nerves. The beautiful deep ruby coloured brew (from the hibiscus) looks like cordial, which is why kids love it too.

### Cocktail Recipe Idea

- 100ml Ruby Rose & Elderberry Iced Tea
- 30ml Gin
- 60ml Champagne
- 10ml Hibiscus Liqueur

*Garnish with black cherries.*

### Elderberry Syrup Recipe

- 2/3 cup of Ruby Rose & Elderberry Tea
- 3.5 cups (ca. 840ml) of filtered water
- 1 cup of raw organic honey
- Preparation time: 5 min
- Cooking time: 1 hour

### This syrup is good for:

- immune boosting
  - energizing
  - tummy soothing
- It can be used medicinally or in smoothies, on homemade pancakes, ice cream etc.*

1. Pour the water into medium saucepan and add the tea.
2. Bring to a boil, then cover and reduce to a simmer for about 45 minutes to an hour, until the liquid has reduced by almost half. At that point, remove from heat and let cool down before handling.
3. Pour through a strainer into a glass jar or bowl. Discard the remains of the herbal tea and let the liquid cool to lukewarm.
4. When it is no longer hot, add 1 measuring cup of honey and stir well.
5. When honey is well mixed into the mixture, pour the homemade syrup into a 500ml glass bottle.
6. Store in the fridge and take daily for its medicinal properties or enjoy as desired.

*Daily dosage: 0.5 to 1 teaspoon for kids and 1 to 3 teaspoons for adults.*

*Store out of direct sunlight below 30°C.*

*Not intended to diagnose in any way. For treatment consult a healthcare professional.*



# Organic Merchant TURKISH APPLE, CINNAMON & ROSE ICED TEA

sweet + sour spiced apple

CAFFEINE FREE



## Ingredients

Apple Pieces, Hibiscus, Rose Petals, Cinnamon

## Taste

Our Apple Iced Tea is a naturally sweet and sour spiced apple tea with an amazing aroma and hints of floral cinnamon notes. Its sweet and tangy taste is the reason it is one of the most popular blends amongst the youngest of our customers.

## How to make iced tea:

1. Add a litre of freshly boiled water to 1 to 2 heaped tablespoons of loose leaf tea and let it rest for around 5-30 minutes, depending on how full bodied you prefer the flavour. If you like a stronger taste, let the loose leafs infuse over night, then strain.
2. Allow to cool down naturally or enjoy directly served over ice cubes for instant iced tea.
3. Can be stored in the fridge for up to 3 days.

Our homemade iced teas are fantastic as a cocktail mixer or non-alcoholic mocktail base.

*Note: You can speed up the cooling process by stirring in some ice cubes until melted or putting your homemade iced tea in your fridge or freezer for a while. But watch out to not store the hot beverage in there directly; it would just heat up your fridge. We recommend to let it reach room temperature before putting it into the fridge.*

## Cold-brewing iced tea:

Cold brewed tea is our personal favourite type of iced tea, as we find the flavours come out more delicate.

1. Add 2 to 3 heaped tablespoons of your favourite herbal infusion to a litre of room temperature water.
2. Leave to infuse for 6 to 12 hours, then strain.

## Health Benefits

Naturally rich in antioxidants and pectin, this heart-warming blend has the added benefits of improving circulation, balancing blood sugars, boosting immunity and preventing constipation.

### Improving circulation

Polyphenols in the tea show great potentiality in activating an enzyme that forms nitric oxide in the blood. This in turn aims to widen the blood vessels and improves circulation.

### Balancing blood sugars

Several small studies have linked cinnamon to better blood sugar levels, showing it may curb blood sugar by lowering insulin resistance.

### Boosting immunity

The blend, being rich in vitamin B6, seems to aid human epithelial cells and thus promotes immunity. Cinnamon additionally provides instant relief from a sore throat.

### Preventing constipation

On consuming the herbal tea early in the morning, the dietary fiber in it may rule out constipation and improve bowel movements.

*Store out of direct sunlight below 30°C.*

*Not intended to diagnose in any way. For treatment consult a healthcare professional.*



Organic Merchant

## IMMUNE TEA

mint + lemon ginger

CAFFEINE FREE



### Ingredients (caffeine free)

Echinacea, Yarrow, Peppermint, Elderberry, Elderflower, Rosehips, Ginger, Lemon Peel

### Taste

Our protective Immune Tea is a floral mint tea with a touch of warming ginger.

Echinacea is often described as having a slightly bitter-sweet taste when brewed as a tea, which we counteract with the elderberries' fruity aroma. Peppermint brings a refreshing minty taste, accompanied by the warm spicy touch of ginger and complemented with a hint of citrusy aroma from the lemon peel.

### Brewing Instructions

- Temperature: 100°C
- Time: minimum 3-5 minutes, brewing time is subject to taste
- Use 1 heaped teaspoon per 200ml of water.

*This infusion can be served hot or cold as an iced tea.*

*For cold brewing herbal infusions use room temperature water and leave to infuse for 6-12 hours.*

### Health Benefits

The herbs found in this powerful blend are traditionally used to help prevent colds and flu, clear congestion and helps to boost your immune system naturally.

Echinacea is known to cut the chances of catching a common cold and promotes the development of a healthy immune system.

Yarrow is traditionally used to induce sweating and helps raise body heat in cases of fever. It also relieves hay fever and can be used as a skin treatment to heal wounds.

Peppermint is a natural decongestant and antispasmodic. It helps alleviate congestion and soothe a sore throat.

Elderberry helps soothe cold and flu symptoms, including fever, headache, fatigue, sore throat and coughing.

Ginger is anti-inflammatory and helps relieve a sore throat quickly. It also helps kill rhinoviruses, which cause colds in the first place. Ginger can additionally help to sweat out unwanted toxins from the body.

Rose hips are extremely high in vitamins and minerals, helping reduce the duration and severity of colds. It is said to contain more vitamin C than an orange.

Lemon peel is high in vitamins C, effective in treating a sore throat and aids digestions.

Elderflower helps slowly break down congestion in the lungs and sinuses. It also has the power to cut down the duration of a cold.

*Store out of direct sunlight below 30°C.*

*Not intended to diagnose in any way. For treatment consult a healthcare professional.*



# Organic Merchant JASMINE GREEN TEA

fragrant + floral  
CONTAINS CAFFEINE



## Ingredients

Jasmine Green Tea, Pink Rose Petals

## Taste

The green tea leaves - not affected by oxidation - absorb the fragrance and flavour of the jasmine blossoms and brew a soft, mild tasting cup. At Organic Merchant we amplify this delightful, light taste by adding certified organic pink rose petals to the blend.

The green tea, used as a base, is harvested in early spring and has to be stored until the jasmine plant, grown at high elevations in the mountains, can be harvested in late summer.

The tea leaves are then scented with aroma from the jasmine blossom. The scenting process takes place at night when the jasmine flowers open and release their fragrance. It is repeated several times until the desired level of aroma is developed.

The subtly sweet and highly fragrant brew is the most famous scented tea in China and is best enjoyed on its own, without sugar or milk.

## Brewing Instructions

- Temperature: 80 - 90°C
- Time: minimum 2 - 3 minutes
- Use 1 heaped teaspoon per 200ml of water.

## Health Benefits

Our Jasmine Green Tea is filled with antioxidants. There are a number of benefits that come from drinking Jasmine Green Tea, including;

- Cold prevention
- Digestion
- Reducing stress and anxiety
- Skin benefits
- Regulating blood circulation

## How much caffeine does Jasmine Green Tea contain?

The content of caffeine found in Jasmine Green Tea varies depending on how much tea is used and how long it is left to brew. Jasmine flowers do not contain caffeine, however green tea leaves naturally contain a low level of caffeine. Therefore, while green tea does contain some caffeine, the overall amount is noticeably lower than regular black tea.

It usually is around 20-25mg of caffeine per 200ml cup.

*Store out of direct sunlight below 30°C.*

*Not intended to diagnose in any way. For treatment consult a healthcare professional.*



# Organic Merchant LEMONGRASS & GINGER TEA

refreshing + sweet + spicy  
CAFFEINE FREE



## Ingredients (caffeine free)

Lemongrass, Ginger

## Taste

This simple blend produces a complex array of sensations, refreshing and zesty, yet sweet and spicy. The vibrant ginger's spicy and warming aroma is complemented by the lemongrass's citrusy scent and flavour. The two ingredients pair perfectly, curating an exotic and uplifting infusion.

## Brewing Instructions

- Temperature: 100°C
- Time: minimum 3-5 minutes, brewing time is subject to taste
- Use 1 heaped teaspoon per 200ml of fresh water.

*This infusion can be served hot or cold as an iced tea with a slice of lemon.*

*For cold brewing herbal infusions use room temperature water and leave to infuse for 6-12 hours.*

## Health Benefits

Lemongrass & Ginger Tea is traditionally used to alleviate stomach cramps, ease digestion and reduce nausea.

### Lemongrass

Naturally high in Vitamin A and C, folic acid, magnesium and zinc, Lemongrass has many beneficial medicinal properties including its anti-inflammatory, antidepressant and antibacterial features. Therefore, it is effective in easing digestion and detoxification.

Furthermore, it is good for treating the cold and flu, as it naturally provides relief in headache and helps to unclog the blocked nasal passages.

### Ginger

Daily intakes of ginger can positively impact the wellbeing, as it naturally boosts the immune system and strengthens the respiratory function.

Drinking a tea containing ginger before travelling can help prevent the nausea and vomiting associated with motion sickness. You can also drink a cuppa at the first sign of nausea to relieve the symptom.

Additionally it is useful in improving digestion and increasing absorption of food, as it can reduce bloating after eating too much.

## Can Lemongrass & Ginger Tea help relief nausea and morning sickness?

Yes, the combination of Lemongrass & Ginger is most commonly known for its anti-emetic properties, making it effective in relieving nausea. It is useful in treating morning sickness, easing heartburn as well as motion car sickness.

*Store out of direct sunlight below 30°C.*

*Not intended to diagnose in any way. For treatment consult a healthcare professional.*



Organic Merchant

## LOVE TEA

floral spiced apple

CAFFEINE FREE



### Ingredients

Apple, Rose Petals, Cinnamon Chips, Cardamom Pods, Ginger Root, Yarrow Flowers, Hibiscus Flowers, Stevia Leaf

### Taste

Our Love Tea brings a naturally sweet flavour, highlighted by the apple and the cinnamon chips. The blend carries hints of spiciness from the cardamom pods and the ginger root. Finally, the rose petals, yarrow flowers and hibiscus flowers bring a floral tone to the beverage which altogether curates a rich and harmonious infusion. Designed to nurture joyfulness and confidence, our Love Tea will leave you feeling cherished and well nourished.

### Brewing Instructions

- Temperature: 100°C  
*This infusion can be served hot or cold as an iced tea.*
- Time: 5 - 30 minutes OR cold brew  
*Brewing time is subject to taste. The longer the blend infuses, the more full-bodied its flavour becomes.*
- Use 1 heaped teaspoon per 200ml of water.
- For stronger infusions soak for 8 hours or overnight.

*For cold brewing herbal infusions use room temperature water and leave to infuse for 6-12 hours.*

### Health Benefits

This loving infusion fills the heart with warmth, compassion and courage.

Tea containing apple is naturally high in antioxidants to help strengthen the immune system and due to its anti-inflammatory properties, it is traditionally used to alleviate inflammation and pain. Regular consumption is effective in treating high cholesterol and aids in expelling toxins, thereby regulating bowel movement.

#### Yarrow Flowers

Yarrow has been shown to have mild anti-anxiety effects, which might aid in promoting a calmer mind, soothing the soul. In traditional medicine, it is also used to treat blood pressure and maintain a healthy skin appearance, just like rose petals.

#### Cardamom Pods

Cardamom pods have antimicrobial, anti-inflammatory and anti-asthmatic properties. Traditionally, it is used as a remedy for nausea as it is an effective stimulant to calm the sensations of nausea and vomiting.

#### Ginger Root

Helps boost the circulation, making it an effective warming cold and flu remedy. It is an anti-inflammatory herb, often consumed to treat indigestion and nausea as well as for boosting the liver's health in traditional medicine.

*Store out of direct sunlight below 30°C.*

*Not intended to diagnose in any way. For treatment consult a healthcare professional.*





Organic Merchant  
**MEDITATION TEA**  
basil + mint + rose  
CONTAINS CAFFEINE



## Ingredients

Tulsi (Sacred Holy Basil), Basil, Gotu Kola, Yerba Mate, Rose Petals

## Taste

Our Meditation Tea is an aromatic blend that invites awaking, awareness and balance to the chakras. We combined basil, gotu kola and yerba mate to create this uniquely flavoured blend, invigorating your taste buds. It has a rich, full-bodied freshness paired with just a subtle hint of spiciness.

## Brewing Instructions

- Temperature: 100°C
- Time: 5 minutes, this is an absolute minimum time, we recommend to steep for around 15-20 min
- Use 1 heaped teaspoon per 200ml of water.
- For stronger infusions soak for 8 hours or overnight.

*For cold brewing herbal infusions use room temperature water and leave to infuse for 6-12 hours.*

## Health Benefits

This meditative tea tonic invites calm wakefulness as well as clarity to higher consciousness and leads to a union of the heart and mind. It helps battling mental fatigue and reduces anxiety.

### *Sacred Holy Basil*

Sacred Holy Basil, commonly known as Tulsi, is used in India for achieving mental clarity and meditative states. It is a traditional "cure all" to help with fevers, coughs, headaches, and anxiety. The herb's properties are antiviral, adaptogenic, immune modulating and antibacterial, specifically working with the digestive, respiratory and nervous systems. Tea containing basil is said to additionally promote oral health.

### *Gotu Kola*

Gotu kola is regarded as one of the most spiritual of all herbs in India and used by yogis to improve meditation. It is said to develop the crown chakra, the energy centre at the top of the head and to balance the right and left hemispheres of the brain. It is regarded as a rejuvenative herb in Ayurveda, a form of traditional Indian medicine.

There are plenty of other health benefits associated with gotu kola:

- Boosts central nervous system
- Combats high blood pressure
- Improves circulatory system
- Repairs skin
- Anti-bacterial properties
- Protects veins and blood vessels

### *Yerba Mate*

The obvious and immediate benefits of yerba mate are enhanced mental clarity, alertness, focus, and concentration, due to the caffeine it contains. The balanced energy boost can be described as gentle, clean, and calm.

Besides boosting mental functions of all kind, yerba mate is also a nutritional powerhouse loaded with vitamins, minerals, and antioxidants. It is traditionally used:

- as a stimulant and immune system booster
- as an overall tonic and digestive aid
- as a general nerve tonic for pain, fatigue, and depression
- for allergies and sinusitis

*Store out of direct sunlight below 30°C.*

*Not intended to diagnose in any way. For treatment consult a healthcare professional.*



Organic Merchant

## MIND TEA

savoury + hint of ginger

CAFFEINE FREE



### Ingredients

Bacopa (also called Brahmi), Ginkgo, Gotu Kola, Rosemary, Ginger

### Taste

Our Mind Tea is an aromatic blend that invites clarity and concentration to your mind, supporting healthy cognitive function and memory. With savoury hints of slightly woody flavours and warming tones of ginger, this blend offers a subtle and refreshing mix.

### Brewing Instructions

- Temperature: 100°C
- Use 1 heaped teaspoon per 200ml of water.
- Time: minimum 5 minutes, infuse longer for a more full bodied aroma.
- Sweeten to taste with organic honey.

*For cold brewing herbal infusions use room temperature water and leave to infuse for 6-12 hours.*

### Health Benefits

This stimulating blend of herbs has traditionally been used to help induce clarity and concentration for those needing a mental boost throughout the day.

#### *Bacopa*

The herb is native to India and has been used traditionally in Ayurvedic medicine to enhance memory, learning and concentration as well as for treating anxiety, heart problems, digestive disorders, asthma, and bronchitis.

#### *Ginkgo*

Ginkgo is an anti-inflammatory that increases antioxidant activity, lowers oxidative stress and improves circulation, therefore blood flow to the brain — all important factors for maintaining cognitive health.

#### *Gotu Kola*

Gotu kola is regarded as one of the most spiritual of all herbs in India. It is said to develop the crown chakra, the energy centre at the top of the head and to balance the right and left hemispheres of the brain. It is regarded as a rejuvenative herb in Ayurveda, a form of traditional Indian medicine.

There are plenty of other health benefits associated with gotu kola:

- Boosts central nervous system
- Combats high blood pressure
- Improves circulatory system
- Repairs skin
- Anti-bacterial properties
- Protects veins and blood vessels

*Store out of direct sunlight below 30°C.*

*Not intended to diagnose in any way. For treatment consult a healthcare professional.*



# Organic Merchant MOROCCAN MINT GREEN TEA

minty + fresh + exotic  
CONTAINS CAFFEINE



## Ingredients

Sencha Green Tea, Peppermint, Spearmint

## Taste

Our Moroccan Mint Green Tea is an exotic blend of Sencha green tea and mint. It is fantastic served hot, or chilled over ice with a sprig of mint. The addition of peppermint and spearmint make this blend boldly refreshing and revitalising.

## Brewing Instructions

- Temperature: 80 - 90°C
- Time: 2 - 3 minutes
- Use 1 heaped teaspoon per 200ml of water.

*This infusion can be served hot or cold as an iced tea.*

## Health Benefits

Naturally high in protective antioxidants, this blend is traditionally used to ease digestion and lift energy.

Sencha Green Tea is highly regarded for its health benefits, especially in Japan. Amongst others it is skin saving, metabolism boosting, anti-aging, immune supporting and energy lifting.

## How is Sencha Green Tea made?

In order to prevent oxidisation of the leaves, Sencha Green Tea is first steamed for 15-20 seconds. Then, the leaves are rolled, shaped, and dried. This step creates the customary thin cylindrical shape.

## Moroccan Mojito Recipe

- 140ml Moroccan Mint Iced Tea  
To make refreshing iced tea with our moroccan mint blend, simply brew the tea as you normally would and let it cool down to room temperature before putting it in the fridge.
- 60ml White Rum
- 1 Lime Wedge

Sweeten to taste and garnish with a mint sprig.

*Store out of direct sunlight below 30°C.*

*Not intended to diagnose in any way. For treatment consult a healthcare professional.*



# Organic Merchant MOTHER NATURE TEA

bloomy + herbaceous  
CAFFEINE FREE



## Ingredients

Raspberry Leaf, Nettle Leaf, Shatavari, Rose Petals

## Taste

This simple but effective infusion's aroma is best described as bloomy and herbaceous, with a taste as fresh as a spring meadow.

## Brewing Instructions

- Temperature: 100°C
- Time: minimum 5 minutes, brewing time is subject to taste
- Use 1 heaped teaspoon per 200ml of water.
- For stronger infusions soak for 8 hours or overnight.

*For cold brewing herbal infusions use room temperature water and leave to infuse for 6-12 hours.*

## Health Benefits

Our Mother Nature Tea was designed with expectant mothers in mind. The carefully selected, mineral rich herbs are traditionally used to prepare and tone the uterus for labour, calm the nerves and reduce anxiety.

### Raspberry Leaf

Naturally packed with tannins, flavonoids, volatile oils and vitamin C, raspberry leaf acts as a smooth muscle stimulant, is antispasmodic, antidiarrhoeal and uterine tonic. Traditionally it is used to prepare the uterus for childbirth. Additionally raspberry leaf can be used for treating inflammation of mouth and throat, as well as acute diarrhoea.

### Nettle Leaf

Nettle leaf is naturally packed with minerals, amines, vitamins and enzymes. The nutritive circulatory stimulant is often used for treating arthritis and eczemas in traditional medicine, as well as uterine haemorrhage. Additionally, the high concentration of vitamin C and antioxidants make nettle an effective immune booster.

### Shatavari

The adaptogen is traditionally used as galactagogue and demulcent. It is good for fluid retention, treating inflammatory conditions of the urinary tracts and to fight general weakness and fatigue.

*Herbal infusions are termed food grade therapeutics and are generally safe to consume while pregnant and nursing. Please consult your practitioner for further advice.*

*Store out of direct sunlight below 30°C.*

*Not intended to diagnose in any way. For treatment consult a healthcare professional.*



# Organic Merchant MOTHER NURTURE TEA

fresh + sweetly spiced  
CAFFEINE FREE



## Ingredients

Goat's Rue, Fennel, Star Anise, Cinnamon, Withania, Lemon Balm

## Taste

A fresh and sweetly spiced herbal infusion with a slight hint of natural sweetness and citrus, that balances the goat's rue aroma.

## Brewing Instructions

- Temperature: 100°C
- Time: minimum 5 minutes, brewing time is subject to taste
- Use 1 heaped teaspoon per 200ml of water.
- For stronger infusions soak for 8 hours or overnight.

*For cold brewing herbal infusions use room temperature water and leave to infuse for 6-12 hours.*

*Suggestion: Consume 1- 4 cups per day for the period of breastfeeding.*

## Health Benefits

Our Mother Nurture Tea was designed with breastfeeding mothers in mind. The carefully selected herbs are traditionally used to maintain a healthy breast milk supply, support lactation and ease digestion for both mother and baby.

### Goat's Rue

The slightly bitter tasting plant acts as a galactagogue and hypoglycaemic. It is used to treat poor lactation and diabetes in alternative medicine.

### Fennel

Naturally packed with anethole and quercetin glucosides, fennel has anti-inflammatory, antimicrobial and galactagogue properties. It is traditionally used to treat intestinal colic, pharyngitis and poor lactation.

### Star Anise

Star Anise acts as a stimulant and is diuretic as well as carminative. The herb helps improve digestion, alleviate cramps and reduce nausea. Consuming tea containing star anise after meals helps treat digestive ailments such as bloating, gas, indigestion and constipation.

### Withania

Full of alkaloids and steroidal lactones, withania (also known as ashwaghandha) has adaptogen, tonic and anti-inflammatory actions. It is traditionally used to treat nervous exhaustion, anaemia and physical weakness.

### Lemon Balm

Lemon balm is not only useful for people suffering from insomnia, it is also used for treating anxiety, indigestion and reducing stress.

*Herbal infusions are termed food grade therapeutics and are generally safe to consume while pregnant and nursing. Please consult your practitioner for further advice.*

*Store out of direct sunlight below 30°C. Not intended to diagnose in any way.*



# Organic Merchant MULLED SPICE TEA

fruity + festive  
CAFFEINE FREE



## Ingredients (caffeine free)

Cranberry, Currants, Elderberry, Rosehips, Hibiscus, Cinnamon, Rose Petals, Juniper Berry, Nutmeg, Clove

## Taste

Our Mulled Spice Tea is a festive blend of warming spices, guaranteed to raise the spirits. It is full of beautiful berries balancing the slightly sweet and fruity taste.

This infusion is perfect for mulled wine, poached fruits, fruit minced pies and fragrant syrups.

## Brewing Instructions

- Temperature: 100°C
- Time: minimum 5 minutes, brewing time is subject to taste
- Use 1 heaped teaspoon per 200ml of water.

*This infusion can be served hot or cold as an iced tea.*

*For cold brewing herbal infusions use room temperature water and leave to infuse for 6-12 hours.*

## Mulled Wine / Glühwein Recipe

**Step 1:** Heat 2-3 tablespoons of our Mulled Spice Tea with 2 cups of water in a large saucepan over medium heat.

**Step 2:** Bring to the boil and reduce heat to low. Let it simmer for 10 minutes.

You really want the flavours to infuse, making a beautiful rich base to which you can add your wine at the last minute thus preserving the alcohol content.

**Step 3:** Add 750 ml bottle of fruity organic red wine (such as a Merlot) and simmer gently for another 4-5 minutes. Turn the heat down or remove completely.

Strain and divide among glasses just when your guests pop in. Serve warm and garnish with a pomander or star anise.

## Health Benefits

**Clove** (*Eugenia Caryophyllata*) is a wonderful antioxidant. It has analgesic properties and is therefore good for pain relief. Clove is a natural antiseptic, and helps calming digestive tonic for cramping conditions.

**Cinnamon** (*Cinnamomum Zeylanicum*) is also a wonderful antioxidant. It is antibacterial and antifungal. Cinnamon supports good circulation, balances blood sugar levels, regulated hormones and maintains digestion.

**Nutmeg** (*Myristica*) fragrans another wonderful antioxidant with analgesic properties. It has both, soothing and stimulating effect on the nervous system and is also a digestive tonic for conditions such as nausea, gastritis, and indigestion.

**Juniper berry** (*Juniperus Communis*) has strong antiseptic and astringent properties wonderful in treating urinary conditions. It helps to calm, heal and cleanse the digestive system.

**Elderberry** (*Sambucus Nigra*) offers wonderful immune support. It is anti-oxidant, anti-viral and anti-inflammatory, helping to ease coughing and expel mucus in the respiratory tract.

*Store out of direct sunlight below 30°C.*

*Not intended to diagnose in any way. For treatment consult a healthcare professional.*



Organic Merchant

## PEACEFUL TEA

smooth + floral  
CAFFEINE FREE



### Ingredients (caffeine free)

Chamomile, Lemon Balm, Linden Flower, Pink Rose Petals, Lavender

### Taste

Our uplifting Peaceful Tea is a blend of 5 herbs, harmoniously aligned to form a smooth and floral aroma. The chamomile gives the blend hints of floral sweetness. Lemon balm belongs to the mint family and has a mild taste with a beautifully fresh fragrance.

The Peaceful Tea's reviving flavour is what makes it one of our favourite spring blends, inviting a renewed and peaceful you.

### Brewing Instructions

- Temperature: 100°C
- Time: minimum 5 minutes, brewing time is subject to taste
- Use 1 heaped teaspoon per 200ml of fresh water.

*This infusion can be served hot or cold as an iced tea.*

*For cold brewing herbal infusions use room temperature water and leave to infuse for 6-12 hours.*

### Health Benefits

This peaceful infusion instils calmness and promotes the release of physical tension.

#### Chamomile

Apart from leaving you feeling calm and peaceful, chamomile also has antioxidants and antimicrobial properties, making the herb highly beneficial to your overall health.

#### Lemon Balm

Lemon balm is useful for people suffering from insomnia. It is used for treating anxiety, indigestion and reducing stress in alternative medicine. In order to increase its effectiveness as an aid for finding your inner peace, we combined it with chamomile and lavender.

#### Linden Flower

Linden flowers, also called lime flowers, are traditionally used to treat anxiety, nervous tension, common colds and migranes.

#### Lavender

Besides smelling incredibly nice, Lavender can help ease your body and mind, and help you reach a deeply relaxed state.

*Store out of direct sunlight below 30°C.*

*Not intended to diagnose in any way. For treatment consult a healthcare professional.*





Organic Merchant

## RESTFUL TEA

lemon + lavender

CAFFEINE FREE



### Ingredients

Chamomile, Lemon Balm, Passionflower, Lemon Verbena, Lavender

### Taste

Our calming lemon and lavender based floral tea is ideal for whenever you need to relax and restore. The Chamomille gives our Restful blend hints of floral sweetness.

Lemon balm belongs to the mint family and has a mild taste with a beautifully fresh fragrance.

The passionflower and lavender give the tea its light and airy taste, enjoyed by most.

### Brewing Instructions

- Temperature: 100°C
- Time: minimum 5 minutes, brewing time is subject to taste
- Use 1 heaped teaspoon per 200ml of water.
- For stronger infusions soak for 8 hours or overnight.

*For cold brewing herbal infusions use room temperature water and leave to infuse for 6-12 hours.*

### Health Benefits

Falling asleep is not always easy for everyone, and some will spend hours turning and tossing in bed before they can get that vital rest the body needs. Many things may cause this with stress and anxiety ranking among the two leading ones.

However, the reason why you have trouble falling asleep is not as important as the solution. If you are looking for easy and effective ways to get a good night sleep, our Restful tea might just do the trick.

- **Lemon Balm**

Lemon balm is useful for people suffering from insomnia. It can help with a cold sore and is also used for treating anxiety, indigestion and reducing stress. In order to increase its effectiveness as a sleeping aid, we combined it with chamomile and lavender.

- **Chamomile**

Apart from leaving you feeling calm and restful, chamomile also has antioxidants and antimicrobial properties, making it beneficial to your overall health.

- **Lavender**

Besides smelling incredibly nice, Lavender can help ease your mind and body and help you fall into a deep relaxing sleep.

- **Passionflower**

Besides being used to treat mild sleep irregularities, researchers have found that passionflower may help adults manage anxiety.

We carefully selected the herbs in our Restful blend to calm the nervous system and help achieve a peaceful state.

*Store out of direct sunlight below 30°C.*

*Not intended to diagnose in any way. For treatment consult a healthcare professional.*



Organic Merchant  
**ROOIBOS TEA**  
smooth + earthy + naturally sweet  
CAFFEINE FREE



## Ingredients

Rooibos, Rose Petals, Cinnamon, Vanilla

## Taste

Rooibos (or Redbush) tea is brewed from the dried leaves of the rooibos plant, a low-growing shrub native to South Africa. The oxidised leaves, causing the reddish-brown colour of the beverage, create a **smooth and naturally sweet** sensation in your cup. The cinnamon and vanilla complement this aroma.

## Brewing Instructions

Since Rooibos tea is never bitter and has a naturally sweet taste (but is zero calorie), it is great hot or cold. It can be brewed for a longer time than other teas since its lack of tannins prevents it from becoming bitter.

- Temperature: 100°C
- Time: minimum 5 minutes, brewing time is subject to taste
- Use 1 heaped teaspoon per 200ml of water.
- For stronger infusions soak for 8 hours or overnight.

*For cold brewing herbal infusions use room temperature water and leave to infuse for 6-12 hours.*

## Health Benefits

Native to South Africa, Rooibos is a gentle whole body tonic.

It is rich in antioxidants and minerals, and is traditionally used to protect against disease as well as strengthening the body.

Some studies indicate that it has up to 50 times more antioxidants than green tea. The high amount of antioxidants is the reason for its popularity amongst Japanese women, who are drinking Rooibos tea for its positive effect on the skin and hair. It has been known to clear skin of acne and prevent wrinkles.

Furthermore, Rooibos is rich in Vitamin C, low in tannins and may ease digestive problems.

Cinnamon is traditionally used to lower blood sugar levels and help manage sugar cravings.

*Store out of direct sunlight below 30°C.*

*Not intended to diagnose in any way. For treatment consult a healthcare professional.*



# Organic Merchant TURKISH DELIGHT TEA

sweet + sour spiced apple

CAFFEINE FREE



## Ingredients

Apple Pieces, Cinnamon, Rosella, Rose Petals

## Taste

Our Turkish Delight Tea is a naturally sweet and sour spiced apple tea with an amazing aroma. Its sweet and tangy taste is the reason it is one of the most popular blends amongst the youngest of our customers.

## Brewing Instructions

- Temperature: 100°C  
*This infusion can be served hot or cold as an iced tea.*
- Time: 5 - 30 minutes OR cold brew over night, then strain.  
*Brewing time is subject to taste. The longer the blend infuses, the more full-bodied its flavour becomes.*
- Use 1.5 teaspoons per 200ml of water.
- For stronger infusions soak for 8 hours or overnight.

*For cold brewing herbal infusions use room temperature water and leave to infuse for 6-12 hours.*

## Health Benefits

Naturally rich in antioxidants and pectin, this heart-warming blend has the added benefits of improving circulation, balancing blood sugars, boosting immunity and preventing constipation.

### Improving circulation

Polyphenols in the tea show great potentiality in activating an enzyme that forms nitric oxide in the blood. This in turn aims to widen the blood vessels and improves circulation.

### Balancing blood sugars

Several small studies have linked cinnamon to better blood sugar levels, showing it may curb blood sugar by lowering insulin resistance.

### Boosting immunity

The blend, being rich in vitamin B6, seems to aid human epithelial cells and thus promotes immunity. Cinnamon additionally provides instant relief from a sore throat.

### Preventing constipation

On consuming the herbal tea early in the morning, the dietary fiber in it may rule out constipation and improve bowel movements.

*Store out of direct sunlight below 30°C.*

*Not intended to diagnose in any way. For treatment consult a healthcare professional.*



Organic Merchant

## VITAMIN C TEA

citrus + rose

CAFFEINE FREE



### Ingredients (caffeine free)

Amla Berry, Lemongrass, Rose Hips, Goji Berry, Rosella, Lemon Peel, Orange Peel, Rose Petals

### Taste

Our Vitamin C Tea has a refreshing citrus rose base, that is packed with bursting berry flavours of a sweet and tangy nature, characterised by the amla and goji berries as well as the rose hips. This offsets the zesty nature of the citrus peels and lemongrass, enfolding a revitalising and naturally sweet beverage to complement your palate.

### Brewing Instructions

- Temperature: 100°C
- Time: minimum 3-5 minutes, brewing time is subject to taste
- Use 1 heaped teaspoon per 200ml of fresh water.

*This infusion can be served hot or cold as an iced tea.*

*For cold brewing herbal infusions use room temperature water and leave to infuse for 6-12 hours.*

### Health Benefits

This revitalising blend of herbs have been carefully selected for their nutritive properties; naturally high in vitamin C and antioxidant rich, it is protective and restorative to the whole body.

#### *Amla Berries*

Drinking tea containing amla berries can help with increasing energy, enhancing immunity and overall improving digestion, as well as a better sleep quality and a sharper mental acuity.

#### *Lemongrass*

Naturally high in antioxidants, Vitamin A and C, folic acid, magnesium and zinc, Lemongrass has many beneficial medicinal properties including its anti-inflammatory, antidepressant and antibacterial features. Therefore, it is effective in easing digestion and detoxification.

Furthermore, it is good for treating the cold and flu, as it naturally provides relief in headache and helps to unclog the blocked nasal passages.

#### *Rose Hips*

Tea containing rose hip is rich in Vitamin C, calcium and iron; which may provide antioxidant effects to prevent oxidation and arthritis. Moreover, it also aids in preventing premature ageing and has been linked to a reduced risk in heart disease.

#### *Goji Berries*

Naturally high in antioxidants, nutrients, vitamins and minerals, they are essential ingredients for anti-ageing glow.

#### *Rosella*

This herb contains citric acid, malic acid and flavonoids which are useful for brightening the skin. Generally, it is effective in increasing stamina and endurance, as well as lowering blood pressure and blood sugar level.

*Store out of direct sunlight below 30°C.*

*Not intended to diagnose in any way. For treatment consult a healthcare professional.*



Organic Merchant

## WHITE TEA

silky + smooth + delicate  
CONTAINS CAFFEINE



### Ingredients (caffeine free)

Peony White Tea, Rose Petals

### Taste

Our minimally processed White Tea is a simple but delicious loose leaf blend with Peony tea and rose petals. It has a light and smooth taste, slightly sweet and floral, that is not as bold as green or black tea.

### Brewing Instructions

- Temperature: 80°C
- Time: minimum 2-3 minutes, brewing time is subject to taste
- Use 1 heaped teaspoon per 200ml of water.

### Health Benefits

White tea is less processed than green or black tea and has higher levels of protective antioxidants. It is a superb body tonic, traditionally used to protect against disease, support the immune system and promote recovery.

White tea contains the same type of antioxidants as green tea, but in greater quantity. These antioxidants are found to have many health promoting properties including boosting cardiovascular health, helping to lower cholesterol, etc.

In Asia white tea is mostly associated with its anti-aging properties which help maintain a wrinkle-free skin, due to the high share of antioxidants.

Additionally it is commonly used to improve oral health. The presence of polyphenols, flavonoids, and tannins help in inhibiting the growth of various bacteria that may cause plaque formation.

*Store out of direct sunlight below 30°C.*

*Not intended to diagnose in any way. For treatment consult a healthcare professional.*



# Organic Merchant WOMEN'S WELLNESS TEA

fruit + spice + earthy tones



## Ingredients

Goji Berry, Dandelion Root, Dong Quai, Chaste Tree, Shatavari, Schizandra, Ginger, Rose Hips, Withania, Hibiscus, Rose Petals

## Taste

The Women's Wellness Tea is an exotic blend of fruit-spice with earthy tones.

Goji berries are not normally consumed fresh because of an overwhelmingly bitter taste. The dried variety we use in our herbal blend is more palatable, with more tartness and a sweet aftertaste.

Dandelion root, especially when roasted, is a popular amongst coffee lovers due to its earthy and roasted character.

## Brewing Instructions

- Temperature: 100°C
- Time: minimum 3-5 minutes, brewing time is subject to taste
- Use 1 heaped teaspoon per 200ml of water.

## Health Benefits

This nurturing blend contains herbs traditionally used to regulate hormones and support the liver. Other herbs were selected for their nutritive properties, as well as their richness in vitamin C and iron to nourish good blood stores.

### Hormonal regulation

It is mainly the chaste tree and the dong quai that are good for hormonal regulation. The herbs' soothing properties may help with period pains and premenstrual syndromes.

Schizandra is traditionally used for cleansing and supporting the liver and to metabolise hormones.

*This tea is not suitable to drink during pregnancy!*

*Store out of direct sunlight below 30°C.*

*Not intended to diagnose in any way. For treatment consult a healthcare professional.*

# Organic Merchant Australian Breakfast Tea

CONTAINS CAFFEINE



## Ingredients (contains caffeine)

English Breakfast Tea, Lemon Myrtle, Eucalyptus

## Taste

English breakfast tea, forming the base of this blend, is a black tea usually described as full-bodied, robust, and rich in taste. Our morning tea combines this aromatic base with lemon myrtle and eucalyptus, boasting sweet aromatic lemon notes together with warm woody tones, slightly mentholated. The Australian Breakfast Tea is blended to go well with or without milk.

## Brewing Instructions

1. Use 1 teaspoon of tea per 200ml of boiling water.
2. Allow the tea to brew for 3-5 minutes before drinking.
3. Enjoy straight up, with milk, or sweetened to taste with sugar/honey.

*Note: If the tea is too strong for you, try brewing it for less time or at a lower temperature (90°C) for a softer taste.*

## How much caffeine does black tea contain?

The amount of caffeine in our black tea base varies from 40 to 70 milligrams per cup, which is approximately half the amount found in an average cup of coffee.

You can increase or reduce the amount of caffeine a bit by taking more or less leaves when steeping your cuppa. Additionally, if you want to reduce the caffeine content of your tea just steep it for a shorter time.

## Health Benefits

Our Australian Breakfast Tea blend is strongly antibiotic and high in antioxidants. Without cream or sweetener, this blend contains almost no calories, making it a great choice for diabetics and others who are careful with their calorie intake.

Additionally, the modest amount of caffeine contained in the English breakfast tea base can demonstrably improve certain aspects of memory and learning when enjoyed in moderation.

*Store out of direct sunlight below 30°C.*

*Not intended to diagnose in any way. For treatment consult a healthcare professional.*



Organic Merchant  
**Australian Bush Blush Tea**

CAFFEINE FREE



### **Ingredients (caffeine free)**

Lemon Myrtle, Hibiscus, Bush Quandong

### **Taste**

A vibrant and refreshing combination of tangy lemon with a tart, cranberry-like appeal. As soon as the water hits the loose leaves, the lemon myrtle will fill the room with a wonderful, harmonious scent. Designed to be enjoyed hot or cold.

### **Brewing Instructions**

*This infusion can be served hot as a normal tea or cold as an iced tea.*

#### **Normal Tea:**

1. Use 1 teaspoon of tea per 200ml of boiling water.
2. Allow the tea to brew for at least 4-5 minutes before drinking.  
Infuse for longer for a more full-bodied taste.

#### **Iced Tea:**

1. Add a litre of freshly boiled water to 2 heaped tablespoons of loose leaf tea and let it rest for around 5-30 minutes, depending on how full bodied you prefer the flavour. If you like a stronger taste, let the loose leaves infuse over night, then strain.
2. Allow to cool down naturally or enjoy directly served over ice cubes for instant iced tea.

*Note: Can be stored in the fridge for up to 3 days.*

Serve in an iced tea jug and add some freshly cut fruit slices to give it the final touch to your liking.

### **Health Benefits**

This zesty blend is loaded with vitamin C and antioxidants, supporting the immune system as well as restoring the digestive and nervous systems.

#### **Hibiscus**

This herb contains citric acid, malic acid and flavonoids which are useful for brightening the skin. Generally, it is effective in increasing stamina and endurance, as well as lowering blood pressure and blood sugar level.

#### **Quandong**

The native Australian fruit is known for its purgative nature. Traditional medicine uses quandong infusions for its gentle laxative effect. Tea made from quandong is likewise used to alleviate symptoms of rheumatism.

#### **Lemon Myrtle**

Lemon myrtle has a reputation as a powerful antiseptic and anti-virus agent that can destroy disease-carrying microorganisms. Traditionally it has been used to treat allergies, colds, sore throats, gastric disturbances and infections. Tea containing lemon myrtle is also known to have anti-inflammatory properties.

*Store out of direct sunlight below 30°C.*

*Not intended to diagnose in any way. For treatment consult a healthcare professional.*

Organic Merchant  
**Australian Outback Chai**

CAFFEINE FREE



### Ingredients (caffeine free)

Rooibos, Ginger, Cinnamon, Roasted Wattle Seed, Tasmanian Pepper

### Taste

An intoxicating combination of the wild outback spices. This rich and inviting blend of roasted wattleseed with Tasmanian pepper berry brings together the aroma of roasted coffee, with pleasing sweet spice, chocolate and hazelnut characteristics. Can be boiled with milk.

### Brewing Instructions

#### Normal Tea:

1. Use 1 teaspoon of tea per 200ml of boiling water.
2. Allow the tea to brew for at least 4-5 minutes before drinking.  
Infuse for longer for a more full-bodied taste.

#### Milky Chai:

1. Pour a cup of water into a saucepan.
2. Add three heaped teaspoons of our Outback Chai to the water while still cold and bring to a low boil.
3. Let it simmer for 3 to 5 minutes, depending on your desired strength.
4. Add a cup of organic milk/mylk and a bit organic honey to taste.
5. Bring to a quick boil again, then reduce heat and let it simmer for another minute or two.
6. Remove from heat and use a small mesh strainer to separate the loose leaf herbs and spices.

Enjoy your creamy, homemade rooibos and roasted wattle seed chai.

### Health Benefits

Our Australian Outback Chai has a Rooibos base, which is native to South Africa. It is a gentle whole body tonic, rich in antioxidants and minerals, and is traditionally used to protect against disease as well as strengthening the body.

Some studies indicate that it has up to 50 times more antioxidants than green tea. The high amount of antioxidants is the reason for its popularity amongst Japanese women, who are drinking Rooibos tea for its positive effect on the skin and hair. It has been known to clear skin of acne and prevent wrinkles.

Furthermore, Rooibos is rich in Vitamin C, low in tannins and may ease digestive problems.

Cinnamon is traditionally used to lower blood sugar levels and help manage sugar cravings.

Wattle seeds are native to Australia and naturally contain a fairly high concentration of potassium, calcium, iron and zinc. With a low glycemic index, they are good for diabetics, providing a steady stream of sugars that do not produce sudden rises in blood glucose levels.

*Store out of direct sunlight below 30°C.*

*Not intended to diagnose in any way. For treatment consult a healthcare professional.*

# Organic Merchant Australian Wattle Tea

CONTAINS CAFFEINE



## Ingredients (contains caffeine)

English Breakfast Tea, Cinnamon, Roasted Wattle Seed

## Taste

This warm aromatic blend combines a classic black tea with roasted wattleseed and cinnamon. It is full-bodied, with a rich and robust taste. The flavour can be described as a sweet-smelling combination of roasted coffee, with cinnamon, chocolate and hazelnut characteristics.

Blended to be enjoyed with or without milk.

## Brewing Instructions

1. Use 1 teaspoon of tea per 200ml of boiling water.
  2. Allow the tea to brew for at least 4-5 minutes before drinking.
- Enjoy straight up, with milk, or sweetened to taste with sugar/honey.

*Note: If the tea is too strong for you, try brewing it for less time or at a lower temperature (90°C) for a softer taste.*

## How much caffeine does black tea contain?

The amount of caffeine in our English Breakfast tea base varies from 40 to 70 milligrams per cup, which is approximately half the amount found in an average cup of coffee.

You can increase or reduce the amount of caffeine a bit by taking more or less leaves when steeping your cuppa. Additionally, if you want to reduce the caffeine content of your tea just steep it for a shorter time.

## Health Benefits

Our Australian Wattle Tea blend is naturally high in antioxidants. Without cream or sweetener, this blend contains almost no calories, making it a great choice for people who are careful with their calorie intake.

Additionally, the modest amount of caffeine contained in the English breakfast tea base can demonstrably improve certain aspects of memory and learning when enjoyed in moderation.

*Store out of direct sunlight below 30°C.*

*Not intended to diagnose in any way. For treatment consult a healthcare professional.*