



Herbs n Spices on the GO

TEAS:

Memory on the GO - Sage/Mint

Sage "Quickens the nerves and memory" while mint settles the stomach.

Relax with Rose on the GO - Rose buds & Petals. Antioxidant rich, mood calming, skin hydrating and throat soothing.

Calm & Clean on the GO - Hibiscus & Lavender

Digestive cleansing and blood pressure lowering hibiscus with lavender's calming effect are and after meal treat.

Poppin Green on the GO - Genmaicha

Green tea & toasted brown rice for a nutty, popped delicious flavor high in polyphenols.

Wild Cherry on the GO - Wild Cherry Bark

Known for cough, congestion and cold relief to be used for short-term treatment.

BreatheEz on the GO - Oregano

Anti-viral/bacterial, oregano has been used to relieve congestion.

*Pull the string and dunk in (hot) water

