



LEMON GINGER HONEY

Ingredients: Echinacea, ginger root, lemongrass, bee pollen, marshmallow root, coriander, hibiscus, lemon peel, oat straw and natural flavoring



Echinacea

- Antibacterial
- Anti-inflammatory

Ginger Root

- Antibacterial
- Anti-inflammatory
- May help relieve throat pain
- Known to ease nausea, especially during pregnancy
- May help with motion sickness

Lemongrass

- Detoxifier
- Helps relieve achy joints
- Aids in digestion
- Assists in blood pressure regulation
- Metabolism booster

Bee Pollen

- Boosts mental capacity
- Natural stress reliever

Marshmallow Root

- Contains mucilage - coats and lubricates the throat
- Antibacterial – fights infections

Coriander

- May lower blood sugar
- Aids in digestion
- Assists in decreasing blood pressure
- Antimicrobial

Hibiscus

- Helps decrease blood pressure
- Immune booster – rich in vitamin C

Lemon Peel

- Rich in minerals including: calcium, potassium, & vitamin C
- Detoxifier

Oatstraw

- Rich in calcium, making it great for hair, skin, & nails
- Nervine – tonic for central nervous system – ability to alleviate anxiety



CRAN-ORANGE VANILLA

Ingredients: Rooibos, cranberries, orange peel, hibiscus, natural flavoring

Rooibos

- Fights premature aging
- Suitable for children & pregnant moms
- Helps relieve colic, tummy troubles and insomnia

Cranberries

- Prevent & treats urinary tract infections
- Anti-inflammatory
- Immune booster

Orange Peel

- Contains histamine reducing compounds, providing allergy relief
- High in vitamin C
- Metabolism Booster

Hibiscus

- May reduce cholesterol
- Antioxidant
- Anti-inflammatory
- Digestive