

Organic Tea

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Matcha

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Rosebuds and Petals Tea

100% Naturally Caffeine-Free

A full rosy taste and aroma match the visual beauty of these rosebuds & petals! This soothing herbal tea consists purely of rose buds and petals. Brewing offers a flowery aroma, a light sweet taste, and a golden infusion. Roses are thought to improve digestion, blood circulation, nourish the skin, and uplift moods. This caffeine-free tea is an excellent refresher, with calming qualities to elevate your day.

Benefits:

- *Anti-anxiety & Anti-depression Aromatherapy*
- *Improves digestion*
- *Aids in blood circulation*
- *Nourishes the skin*
- *Naturally Caffeine Free*
- *Calorie-free, Fat-free, Gluten-free*

Hibiscus Petals

100% Naturally Caffeine-Free

Our organic hibiscus flower tea steeps into a deep red herbal infusion that delivers a tart and exotic flavor, reminiscent of fresh cranberries. Vastly grown throughout the tropics and subtropics of the world, hibiscus is a natural source of Vitamin C and antioxidants and has been used to help manage minor hypertension. This is a beautifully refreshing tea, hot or cold brewed - a perfect beverage for healthy hydration year-round.

Features:

- *Organic Hibiscus Flowers*
- *Flower Type: Roselle (Hibiscus sabdariffa)*
- *Origin: Egypt*
- *Natural source of antioxidants & Vitamin C*

Tumeric Tonic

100% Naturally Caffeine-Free

Nurturing yourself is downright delicious with our award-winning detox tea that provides three active root ingredients in support of a healthy diet and lifestyle. Show your body some love. Ginger, turmeric, sarsaparilla and nettle have been used traditionally for generations to support joint health. The less inflammation your body has to deal with, the more it can focus on rejuvenating and toning. Enjoy this spicy elixir hot, iced, straight up, or as a "golden milk" latte and relish freedom of movement.

Features:

- *"People's Choice" Herbal Tea Winner — World Tea Expo, 2018*
- *Naturally sweetened by sarsaparilla root*
- *Turmeric is strengthened by black pepper (piperine) for curcumin absorption **

Peppermint Tea

Naturally Caffeine-Free

Our US-grown Organic Peppermint pyramid sachets brew a delightfully crisp mug of fresh mint tea with light peppery notes and a full menthol aroma. Peppermint is wonderful both hot and cold brewed. Simply toss a pyramid bag in your water bottle and off you go with a refreshing alternative to plain water. Or throw some sachets into your travel bag to take your premium herbal tea on the road—no hassle, no mess.

Features:

- *Organic Peppermint Tea Sachets*
- *Origin: USA*
- *Biodegradable pyramid tea bags*

Tea Benefits of Peppermint

- *Aids in Digestion*
- *Relieves nausea*
- *Reduces stomach gases*

There are a few lesser known health benefits. Peppermint teas can help to alleviate the pain of headaches associated with menstrual cramps. It can also help those with breathing troubles, like asthma. The smell of peppermint can open blocked breathing passages, helping with nasal congestion. Paired with a humidifier, or the steam of a hot cup of tea, it can substantially help relieve congestion.

Flat Belly Hibiscus Cucumber

100% Naturally Caffeine-Free

Hydrating organic hibiscus petals mixed with hints of citrusy lime and cooling cucumber make our Flat Belly Hibiscus Cucumber a favorite afternoon thirst quencher. The tart flavors of hibiscus and lime are masterfully balanced with bits of soothing sage, sweet licorice and fennel. This juicy cleansing tea is refreshing both hot and iced.

Features:

- *No sweeteners or preservatives*

Meditative Mind

Caffeine Level: Low

Our beloved blend of pure Chinese white tea, rosebuds and jasmine pearls creates an experience of aromatherapy that sharpens the mind and arouses the senses. The exotic floral scent of night-blooming Jasmine is uplifting and soothing to the soul. Rosebuds are traditionally used to ease tension and stress, and can have a calming effect on the mind. This combination works together to enhance the light, subtle flavor of the white tea leaves. This tea brews into a golden liquor with a very soothing fragrance, and is perfect before, during, or after a stressful day.

Features:

- *White tea is loaded with antioxidants*
- *Jasmine & rosebuds help with relaxation*

- *White tea origin: Fujian, China*
- *Mind+Body white & green tea experience*
- *AND leaves can be re-infused 2-3 times!*

Tea Benefits of White Tea

- *Increases Mental Awareness and Focus, Calming*
- *Most Powerful Anti-Oxidant, Anti-Aging*
- *Calorie-free, Fat-free, Gluten-free, Extremely low in caffeine*

Tea infused from the leaves of the *Camellia sinensis* plant is the world's most popular beverage after water. The darker the tea, the more processing it has undergone, and the more processing, the more antioxidants are lost. White teas are made from buds and young leaves, which are steamed or fired, and then dried. The closest thing to fresh tea leaves, white tea retains the highest concentrations of catechin polyphenols, which research shows may help prevent cancer, lower blood cholesterol, and control high blood pressure.

Iron Goddess Oolong

Caffeine Level: Medium

Our certified 100% organic Tie Guan Yin hails directly from the village of Anxi ("Ahn-SHE"), the most esteemed source for this top 10 Chinese tribute tea. Located in the rolling tea-covered hills of Fujian Province, at the base of greater peaks. This green spot of heaven on earth is revered for the cultivation and crafting of this highest grade of oolong, also referred to as "Monkey Picked" oolong. Legend says this tea was picked from the highest elevations by trained monkeys. Iron Goddess imperial oolong has a striking and unmistakably distinctive orchid fragrance.

The color of the infusion is clear and bright gold. Its flavor is nothing short of pleasurable: sweet, super fine and long-lasting. Even the aftertaste of this organic hand-rolled oolong is sweet and refreshing. After three or four infusions with the organic Iron Goddess, you'll likely begin to understand and embrace the concept of what it means to get "tea drunk"!

Benefits of Oolong Tea:

- *Uplifting, yet reduces Stress Hormone Levels*
- *Increases Focus and Mental Awareness*
- *Aromatherapeutic*
- *Anti-Bacterial, Anti-Viral*
- *Anti-Oxidant, Anti-Aging*
- *Fat-burning*
- *Calorie-free, Fat-free, Gluten-free*

Tea leaves destined to become oolong teas are “bruised” to allow the release of some of the polyphenol oxidase present in the leaves. Oolong teas are allowed to ferment for less time than black teas before they are heated and dried. Consequently, the catechin, theaflavin and thearubigin levels in oolong teas are generally between those of unoxidized green and white teas and completely oxidized black teas.

Japanese Matcha

Caffeine Level: Medium

Our matcha is imported in small batches direct from Shizuoka, Japan, to ensure its freshness. This pure green tea powder is perfect for traditional matcha preparation, as done in the Japanese tea ceremony. It can also be cold-brewed by simply adding a spoonful to a water bottle with ice and shaking it up. This antioxidant-rich tea is naturally packed with L-theanine, providing sustained energy and a calm focus. Matcha is tasty in green tea lattes & green tea smoothies.

Features:

- *High-grade Japanese matcha*
- *Origin: tencha from Shizuoka, Japan*
- *No sweeteners, preservatives, or coloring*
- *Ceremonial Grade served in our ceremonial bowls.*

Organic Clouds & Mist

Caffeine Level: Medium

Clouds and Mist organic green tea makes a lasting impression. Also known as 'yunwu', the subtle aroma that comes from its clear, golden yellow infusion is a compelling mixture of smoky, citrus and vegetal. Its earthy taste, reminiscent of sweet, roasted artichokes, is well-rounded, with a slight note of toasted pecans. Clouds and Mist is very structured in its flavor – assertive and smoky in forward body, and developing over time to a softly sweet, buttery finish – making it a perfect green tea for morning. The curly

silver-speckled leaves are harvested in the spring from tender tea buds. Praised as 'green gold' for centuries, it is one of China's traditional imperial tribute teas. Clouds and Mist takes its name from the seas of mystically shrouded peaks on which this prized green tea is grown, using USDA certified Organic farming methods. Brews well for three to four infusions.

Features:

- *100% Organic Green Tea: Yunwu*
- *AKA Emperor's Clouds and Mist*
- *Origin: Zhejiang Province, China*

Earl of Grey

Caffeine Level: High

This unique blend takes traditional Earl Grey to the next level by combining the expected bergamot flavoring on full leaf black tea then adding the perfect proportions of other citrus, vanilla, licorice root, and mallow flowers. The result is a captivating aroma and a deep liquor with a well-balanced, smooth, bright, and slightly creamy flavor profile. This tea is for those who like to veer from tradition, explore new ground, and a must for those with fond memories of the orange-creamsicles of childhood. It pairs perfectly with strong cheeses or creme brulee.

Features:

- *Vanilla Earl Grey de la Creme*
- *AKA Earl Gray by some*
- *Tasty in lattes, cookies, & cocktails*

Lady Lavender

Caffeine Level: High

Our Lady Lavender has her roots in Earl Grey tea with a sprinkle of lavender, vanilla, orange peel, & other citrus. One hot cup will whisk you away to a relaxing day at the spa or romantic getaway in Provence. There's a lot more to this tea than bergamot, lavender and black tea. If you enjoy a sweet, well-rounded, and full-bodied Earl Grey, but long for a little lift and a twist, then Lady Lavender may be your gal. Her black tea

base provides a lovely background that doesn't attempt to overpower the other flavors. The citrus notes are perfectly tart while the vanilla adds a nice creamy sweetness, and the lavender notes pick it up a notch, awakening your senses. You should also try Lady Lavender on ice. This lady isn't shy in the cold - in fact, you'll likely find that's where she shines.

Features:

- *Premium lady grey tea*

Assam Tea

Caffeine Level: High

Bold, malty, and sophisticated - this esteemed organic assam is from the renowned Jalinga Estate — a 3rd generation family-owned estate in Northeast India. This organic estate is at the forefront of environmental sustainability, as the only Carbon-Neutral certified tea estate in the world. Rich honey notes emerge from the amber liquor. Also less astringent than traditional assam, the smooth sweet character of these slightly larger leaves deliver a clean brew with less tannin. Easy to brew properly, this tea produces a consistently blissful cup that will transport you to India's Assam Valley.

Features:

- *100% Organic Assam Tea*
- *Origin: Jalinga Estate, India*
- *Loose Leaf Grade: FTGFOP*

Mile High Chai Tea

Caffeine Level: High

Your first sip of this spiced masala chai will conjure up images of aromatic and colorful spice markets of India. Mile High Chai is a fragrant black tea blend with ginger root, cardamom, cinnamon, allspice, peppercorns, and cloves. It's hands down the best chai tea we've ever tasted—fantastic brewed straight or made into a creamy chai latte. As the spice profile unveils, you will find yourself warmed from the inside out!

Features:

- *Premium masala chai tea*
- *Black tea origins: Assam, India*

Tea Benefits of Black Tea:

- *Anti-Bacterial, Anti-Viral*
- *Anti-Oxidant, Anti-*
- *Calorie-free, Fat-free, Gluten-free*

Ginger Tea

- *Aids in digestion*
- *Tummy tea*
- *Warming*
- *Caffeine-free, Calorie-free, Fat-free, Gluten-free*

Black Tea is known to banish fatigue, stimulate mental powers, and raise energy levels. It has been shown to reduce stress hormone levels and acts as a nerve sedative, frequently relieving headaches. Black tea contains a number of vitamins considered essential for maintaining health, including Carotene, a precursor to vitamin A, has antioxidant and protective properties, Vitamin B1 and Pantothenic Acid, Vitamin C and Vitamin B6.

Black Tea also contains antioxidants which may help to protect your body from the ravages of aging and environmental effects. Because they are allowed to ferment completely before drying, most black teas are especially rich in those polyphenols which have been shown to be effective against dementia in aging as well as AIDS related dementia. These compounds penetrate the blood brain barrier and have also been found to reduce blood cholesterol levels.

Black tea is known for its antiviral and antibacterial properties. It can be topically applied to cuts, bruises and burns, and is famous for its sunburn relief and has been shown to have a positive effect on preventing tooth decay and gum disease.

English Breakfast

Caffeine Level: High

As the singularly most popular tea blend in the western hemisphere, our high grown rendition tastes exactly as you'd want it to be - smooth, rich, and full-bodied. This traditional blend is made with carefully selected organic teas from the four most respected black tea-growing regions in the world. Each one is a top-quality full leaf tea in its own right, with its own unique flavor profile and characteristics. Together, they elevate the breakfast tea experience to majestic new heights, in this perfectly balanced, well-rounded and lively cup. It's easy to enjoy this black tea straight, piping hot or over ice. It will also stand up well to a dash of milk or sweetener, if desired.

Features:

- *Organic English Breakfast Tea*
- *Tea Origins: India & Sri Lanka*

Keep Fit Tea

Caffeine Level: High

Our high-energy organic citrus green tea blend is now available in convenient single-serving pyramid tea sachets! Matcha and other green teas team up with yerba mate and citrus to help fuel your metabolic fire. It's thirst quenching, light and invigorating, with a delightful lemony finish, to arouse the mind and motivate the body and soul. For sustained zip, you can cold brew it and keep sipping throughout the day. Drink up and keep fit!

Features:

- *Organic Citrus Green Tea Sachets*
- *Energetic blend, but less than coffee*
- *Biodegradable pyramid tea bags*

Benefits of Green Tea:

- *Natural source of EGCG Polyphenols*
- *Uplifting, Increases Mental Focus*
- *Powerful Antioxidant, Anti-Aging*

- *Increases Endurance*
- *Increases Metabolism*
- *Assists in Weight Loss*
- *Reduces Cholesterol*
- *Calorie-free, Fat-free, Gluten-free*

Green tea is rich in powerful antioxidants, and has been known to fight viruses and slow aging. Green tea aids in weight loss, reduces "bad" cholesterol, boosts the immune system, and is also associated with the prevention of cancer. Green tea is widely used as a natural preservative in food and cosmetics. It even looks fresh and healthy! Green helps overweight people shed excess fat without side effects. It may help modulate calorie and fat burning through the sympathetic nervous system, the adrenal glands and specific nerve chemicals. Green tea shows fat-burning properties beyond those explained by its caffeine content.

Morning Mojo

Caffeine Level: Very High

Wake up, Buttercup! Morning Mojo's boost will help you take charge of the day. This breakfast blend pairs pu-erh with the ideal black teas to create a perfectly rounded morning cuppa. Pu-erh, known for its effective caffeine punch, has been used traditionally for centuries as a slimming and beauty tea, as well as a hangover cure. With added vanilla to smooth out your morning routine, and citrus peels for a cleansing glow.

Features:

- *Energy boost: Black & Pu-erh tea blend*
- *More caffeine than other teas, half of coffee*
- *Robust enough to make great lattes!*

Some of our teas are sachets and they are Plant-Based Sachet Material:

Our sachet tea bags are made using a certified non-GMO sugarcane-based material called NeoSoilon® and do not contain any petroleum-based plastics. Our material is a plant-based alternative, obtained from sugarcane fibers, which is 100% biodegradable and compostable

These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.