



# Cold & Allergy Blend

A popular natural immune booster! May help to reduce cold and allergy symptoms, enhance immune system function and soothe sore throats. Great hot or cold, with honey!

**best brewed at 100°C | caffeine free | hand blended in Tasmania**

**Echinacea:** with antibacterial, anti-viral, anti-allergenic and anti-inflammatory properties, this herb is well known for enhancing immune system function and stimulating circulation. Best used during the early signs of a cold or influenza to help clear infection and aid recovery, and by those with lowered immune system function.

**Yarrow:** an anti-inflammatory and anti-allergenic herb probably best known for its ability to induce sweating and ease fevers. It may help ease common colds and hay fever, lower high blood pressure and improve circulation.

**Organic Peppermint:** an excellent general tonic that improves circulation and promotes sweating. May help to relieve chills, fevers, cold and flu symptoms, congestion, nervous tension and digestive irritability.

**Elderflower:** can enhance immune system function and relieve coughs and hay fever, whilst acting as a natural decongestant. May help to speed the recovery of upper respiratory tract infections, such as laryngitis and tonsillitis.

**Organic Ginger:** used to strengthen and help heal the digestive and respiratory systems, fight infections, stimulate circulation, ease congestion, soothe sore throats, relieve aches and reduce inflammation and nausea.



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