



# Energy Boost

Enjoy this stimulating and potent blend of herbs whenever you need a kick start! An excellent alternative to coffee, it can help to provide lasting energy and focus.

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

**Siberian Ginseng:** contains the active ingredient eleutheroside, which is thought to increase stamina and stimulate the immune system. Prized for its potential to restore vigour and promote a good memory, Siberian ginseng is used to help the body adapt to stressful situations and enhance productivity.

**Organic Hibiscus:** rich in beneficial flavonols, it can help relieve high blood pressure, lift the spirits and stimulate the metabolism, whilst imparting a delightful red colour and slightly tart taste, similar to cranberry.

**Gotu Kola:** commonly used in Ayurvedic medicine to improve focus, it may also help to increase stamina, strengthen the nervous system, enhance circulation and memory retention and assist the body in adapting to physical and mental stress.

**Organic Licorice Root:** has anti-inflammatory, diuretic and soothing effects, with a subtle sweet flavour. May improve resistance to stress and can be helpful during convalescence or when feeling tired and run down.

*Best avoided well before bed and during pregnancy*



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