



# Morning Sickness Aid

A pleasant tasting herbal blend designed to provide natural relief from morning sickness and nausea. Enjoy hot or iced all day long. Tested and approved by many mothers-to-be!

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

**Organic Ginger:** famous for relieving nausea and vomiting and is commonly used to strengthen and heal the digestive system, fight infections, soothe sore throats, relieve body aches and reduce inflammation.

**Organic Fennel:** an ancient remedy for soothing digestive troubles. May help to relax spasms in the digestive tract, increase appetite and relieve wind, hiccoughs and fluid retention.

**Organic Rose Petals:** have a restoring effect on the nervous system and may aid symptoms of depression, fatigue and irritability. May also act as a liver remedy to help promote bile flow and improve digestion.

**Organic Chamomile:** a wonderful relaxant for the nervous and digestive systems. May relieve tension, spasms, colic, abdominal pain, wind and distension and soothe digestive upsets, particularly stress-related.

**Organic Peppermint:** soothes and calms upset stomachs and can help to relieve abdominal discomfort, such as pain, spasms, bloating, gas and diarrhea.