



# Pregnancy Blend

A fantastic infusion that may help to tone the uterus, promote energy and adjust the body to the arrival of a new life.

*Enjoy 1 cup/day at 32 weeks, 3-6 cups/day at 36 weeks and 1-3 cups/day postpartum*

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

**Organic Rosehip:** this uplifting herb has mild diuretic and astringent properties, which may help to relieve fluid retention - a common problem during later stages of pregnancy. Rich in vitamins and minerals, it may also help relieve fatigue and boost the immune system.

**Organic Raspberry Leaf:** one of the most popular herbs used in the third trimester of pregnancy. Studies have shown that it may help to tone uterine muscles, shorten labour, ease labour pains, decrease postpartum bleeding, promote relaxation and potentially aid recovery postpartum.

**Organic Rose petals:** beautifully fragrant, rose petals can be used to help relieve congestion in the body. May also be a useful remedy for reducing irritability, anxiety and digestive troubles.

*Not recommended earlier than 32 weeks of pregnancy*



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