



## After Dinner Blend

A satisfying and soothing blend of herbs with a delicious, sweet aftertaste. Specifically created to help improve digestion and reduce IBS symptoms.

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

**Organic Chamomile:** a wonderful relaxant for the nervous and digestive systems. Helps to relieve tension, spasms, wind, distension and other stress-related digestive upsets.

**Organic Peppermint:** helps to soothe and calm an upset stomach and reduce pain, bloating, gas and diarrhea associated with Irritable Bowel Syndrome.

**Organic Licorice Root\*:** can act as a mild laxative and relieve indigestion and heartburn by lowering acidity. May ease digestive inflammation and spasms and is reputed to help heal ulcers.

**Organic Lemon Balm:** an excellent remedy for helping to soothe the nerves and lift the spirits. May also relieve nausea, vomiting, poor appetite, colitis and stress-related digestive problems.

*\*Best avoided during pregnancy or by those with high blood pressure*



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