

We've got your health down to a



energy | calming | immunity | digest | detox

We believe that ingredients should come from the garden and not the chemist. We are proud of all our ingredients and have no need to hide them in fine print. We believe that organically grown, hand harvested herbs are better for everyone's well-being than those that have been chemically treated. We believe in providing our customers with a top quality product at a reasonable price. And above all, we believe that herbal teas should not only be healthy but delicious to drink.

# it's T time

**At Byron Bay Tea Company** our passion and appreciation of herbs has led to the creation of these five unique herbal infusions. In bringing you this unrivalled range of herbal teas we have focussed on developing a product range that may assist people of all ages in reaching their optimum level of health and vitality.

The use of herbs as a remedy is not just a modern day practice but indeed a tradition that has been used successfully by indigenous peoples from all over the world for thousands of years. Following in the footsteps of these ancient healers we have selected only the finest quality organic herbs, spices and dried fruits to make our infusions.

For all of us at BBTC our goal is to provide you with a healthy and refreshing alternative to non-blended teas without sacrificing flavour. Whether you are a novice tea drinker or a regular sipper, I'm sure you will reap the benefits and most of all enjoy the delicious natural flavours that this exquisite range has to offer.

Enjoy your brew!



**Sarita Merlo**

Naturopath, Herbalist and Founder of the Byron Bay Tea Company

# energy

This delicious berry flavoured infusion is a specially formulated blend of organic herbs and dried berries. Energy has been designed as a healthy alternative to coffee and can be used during the day as a pick me up when concentration wanes or when there are general feelings of weakness or lethargy.

**Siberian ginseng** (*Eleutherococcus senticosus*) – recognised in Asia for thousands of years as an energy-boosting tonic. Ginseng is used as an "adaptogen"- a herb that increases the body's general resistance to all types of stress. It works by increasing the supply of oxygen to all the cells in your body, thereby improving your alertness and endurance.

**Green tea** (*Camellia sinensis*) – is high in antioxidants and acts as a mild stimulant to the central nervous system as it naturally contains a small amount of caffeine.

**Gotu Kola** (*Centella asiatica*) – recognised in India as a herb that improves memory and concentration and extends longevity.

**Rosehips** (*Rosa canina*) – provides one of the best natural and freely available sources of vitamin C making it useful in treating weakness and debility.

**Berries** (*Blackcurrants, Strawberries, Blackberries, Bilberries and Elderberries.*) – are rich sources of anti-oxidants and can be used to help cleanse the blood of toxins and protect the body from any free-radical damage. They taste delicious too!

**Other Ingredients:** Hibiscus.

# calming

Calming has been designed to help support and relax the nervous system in times of stress during the day and to encourage a restful sleep at night. The smooth taste of vanilla blended with cinammon adds a delicious dimension unique to this calming blend.

**Chamomile** (*Matricaria recutita*) – widely recognised for its relaxing properties and gentle sedative action and can assist in treating anxiety states and insomnia.

**Passionflower** (*Passiflora incarnata*) – traditionally used by Native American tribes as an overall well-being tonic and today it is used as a herbal medicine to treat nervous tension, anxiety and insomnia.

**Lime blossoms** (*Tilia europea*) – well-known for its relaxing properties which helps to ease nervous tension, anxiety and raised blood pressure.

**Other Ingredients:** Vanilla bean and Cinnamon - just because they're delicious!

## DID YOU KNOW?

Traditions from the Amazon, America, China, the Outback, India and the Congo have been trying to tell us for most of the 20th Century that the plants of our earth contain great healing power.

# immunity

Immunity contains a selection of organic herbs that are commonly used to boost the immune system. It contains Echinacea that facilitates healing and stimulates the immune system and Rosehips that are high in vitamin C. Locally grown Lemon Myrtle and Eucalyptus give Immunity an uplifting and refreshing taste. This may be used to ease a runny nose or a niggling sore throat.

**Echinacea** (*Echinacea purpurea* and *Echinacea angustifolia*) – helps the body fight infection especially in the upper respiratory tract. It may also assist the body in increasing the production of white blood cells and to stimulate the lymph glands.

**Elder Flowers and Elder Berries** (*Sambucus nigra*) – Elder flowers are used in the treatment of colds, flu and any catarrhal inflammation of the upper respiratory tract such as hayfever or sinusitis. Elder berries are rich in vitamin C, sweet tasting and commonly used to treat inflammation, fever and to soothe the respiratory tract.

**Lemon Myrtle** (*Backhousia citriodora*) – has anti-viral, anti-fungal and antiseptic qualities and is useful in the treatment of respiratory infection.

**Eucalyptus** (*Eucalyptus globulus*) – assists in clearing the airways and in making breathing easier. It is a traditional remedy for colds, flu, sinus and throat infections and may help to ease nasal congestion and coughs.

**Rosehips** (*Rosa rubiginosa*) – one of the best natural and freely available sources of vitamin C.

**Ginger** (*Zingiber officinale*) – effective in easing sore throats and encourages perspiration in feverish conditions such as the flu.

**Licorice** (*Glycyrrhiza glabra*) – soothes the mucous membranes and has a long history of use in helping to ease coughs, sore throats and asthma.

# digest

Digest is a selection of organic herbs that are commonly used to calm and soothe the stomach and assist with digestion. Due to its fresh minty taste it is perfect as a delicious and healthy post-dinner drink.

**Peppermint** (*Mentha peperita*) – has been traditionally used to relieve the symptoms of intestinal gas associated with the consumption of certain foods. It is commonly used today to treat digestive pain and cramping, bloating, flatulence and nausea.

**Lemon Balm** (*Melissa officinalis*) – helps to calm and soothe the stomach and to ease the pain associated with bloating and flatulence.

**Chamomile** (*Matricaria recutita*) – has both relaxing and bitter properties making it a suitable herb in the treatment of indigestion and to ease the pain associated with gastritis, flatulence and bloating.

**Fennel** (*Foeniculum vulgare*) – an excellent stomach and intestinal remedy that relieves flatulence and colic whilst also stimulating the digestion and appetite.

## DID YOU KNOW?

World Health Organisation research has shown that herbal remedies are used around the world today three to four times as much as conventional drugs.

# detox

Detox is a gentle cleansing tea perfect for those wanting to purify and revitalise their entire body. This unique combination of organic bitter and sweet herbs and warming spices helps to promote the elimination of toxins from the body. Detox will encourage a gradual and balanced cleanse that you can enjoy.

**Dandelion root** (*Taraxacum officinale*) – a slightly bitter herb that assists with the treatment of kidney and liver disorders. It may help to reduce fluid retention, has a mild laxative effect and may reduce cholesterol and uric acid levels.

**Yellow Dock** (*Rumex crispus*) – nourishes and detoxifies the liver and cleanses the blood. A valuable remedy in treating constipation and skin conditions such as eczema or acne.

**Chicory** (*Cichorium intybus*) – a bitter herb that is used to stimulate the bowel and protect the liver.

**Calendula** (*Calendula officinalis*) – assists in the treatment of digestive inflammation or ulcers and is also a gentle lymphatic cleanser that will help remove toxins from the blood.

**Nettle** (*Urtica dioica*) – used extensively for strengthening and supporting the whole body as it is high in vitamin C, chlorophyll, iron, silica and other minerals.

**Fennel** (*Foeniculum vulgare*) – stimulates the gut and acts as a mild digestive aid.

**Licorice** (*Glycyrrhiza glabra*) – can be used to help reduce inflammation in the gut such as gastritis and ulcers. It is also useful when cleansing as it supports the adrenal glands and supplies energy to the body.

**Ginger** (*Zingiber officinale*) – used in this blend for its stimulating, warming and energising properties to balance the cooling effects of the bitter herbs. Ginger helps to promote gastric secretions and improve any stomach upsets or nausea.

**Cinnamon** (*Cinnamomum verum*) – useful in the treatment of stomach ailments. It also helps to purify the blood and aid digestion.

# the perfect T

## BREWING TIPS

For the best brew in a medium teapot BBTC recommends that you place 2-4 teaspoons of the herbal tea of your choice into the teapot, fill with boiling water and allow to infuse for 3-5 minutes.

The teas may be served hot or cold.

Teas can be reinfused 2 or 3 times before discarding the herbs.

\* Some of the finer, heavier ingredients may settle after packaging, so please shake contents before spooning tea into your teapot.

## STORAGE

BBTC recommends that you store your herbal teas in airtight tins or jars to maintain long lasting freshness and quality.

## QUALITY

BBTC selects the finest quality organic and locally grown herbs wherever possible.

## DISCLAIMER:

Please remember that herbal infusions are not to be taken remedially. Consult your Naturopath or Doctor if you are pregnant or have any health concerns.

# byron bay



Anyone who has been fortunate enough to visit Byron Bay, Australia's most easterly point, will have experienced its magic. It has been a healing centre for the Bundjalung Arakwal Aboriginal people for thousands of years. The Minjungbal name for Byron Bay was Cavanba, meaning "meeting place". The cape itself was known as Walgun, meaning "the shoulder" which was a place for ceremony and spiritual inspiration and remains part of many dreamtime stories. To this day, Byron Bay is still well recognised as a place of rest and relaxation, a place to revitalise the body, mind and soul.

The Byron Bay Tea Company has strived to encapsulate the essence of Byron's magic in five unique and flavoursome herbal infusions that may assist in reaching one's optimum level of health and vitality. Only the finest quality organic and locally sourced ingredients have been used in our blends. So, take a deep breath, sit back, relax and absorb the spirit of Byron Bay from your teacup.



Australia's most easterly tea company

**CONTACT INFORMATION:**

These five unique herbal infusions are blended in Byron Bay Australia, by  
Byron Bay Tea Company

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