

INGREDIENTS

Organic Herbal Tea*:

- Anise-hyssop (*Agastache foeniculum*)
- Lemon balm (*Melissa off.*)
Peppermint (*Mentha piperita*)
- Nettle (*Urtica dioica*)

*Certified organic by Ecocert Canada



At **Jardins La Val'heureuse**, we have selected and **handpicked** the flowers, the whole organic plants, the spices and fruit that are the most savoury and combined them by uniting beauty, freshness and originality for your pleasure and in order to offer you herbal teas with exotic aromas that will transport you to a world of discovery. For a gustative and visual experience out of the ordinary, savour our herbal teas or simply offer them as a gift.

This refreshing tea made of invigorating leaves with a savoury taste of anise and mint will evoke the freshness of the shade-tree on a hot sunny day. This herbal tea is digestive and delicious whether served hot or cold.

DOSAGE

Herbal Tea

Pour 1 cup of boiling water on 1 tablespoon of this herbal mix. Cover and let sit 10 to 15 minutes. Strain, drink and enjoy.

- Avoid taking in case of known allergy to above ingredients.

For more information please consult your health care practitioner. [Click here](#) to locate the one nearest you.

