

## INGREDIENTS

### Organic Herbal Tea\*:

- Peppermint (*Mentha piperita*)
- Linden (*Tilia*)
- Spearmint (*Mentha spicata*)

\*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.

What a delectable marriage of calming linden flowers and the freshness of mint. This herbal tea has digestive properties and can be enjoyed hot or cold.

## DOSAGE

### Herbal Tea

Pour 1 cup of boiling water on 1 table-spoonful 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.

