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Berry Boost Herbal Tea

A blend of elderberry and rose hips brings a gentle, earthy sweetness balanced by the refreshing menthol flavor of peppermint. Get a boost of Vitamin C and antioxidants from the dried elderberries and rosehips and be soothed by the smell and the minty buzz left in your mouth.

Ingredients

1/4 part Dried Elderberry

1/4 part Rose Hips

1/2 part Dried Peppermint

How to Make Berry Boost Herbal Tea

Mix herbs in a Press N Brew tea bag or a mesh tea strainer and steep in hot water for 5–10 minutes, depending on your taste.

***These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.**

Sources: HerbCo