

Stamina Tonic (Opbouwing) Tea

160g

Feeling sluggish, overwhelmed and tired all the time? How about a herbal tea that boosts your daily physical and mental output. Effects of this tea can be felt in the first four days of drinking. Can be used for 2 months, but it is advised to have a month break before being used again.

Stomach Complaints

(Maagkwale) Tea 160g

A general herbal tea for balanced gut health. It also works well for symptoms of heartburn and indigestion.

Stress (Spanning) Tea 160g

Do you want to combat stress the natural and lasting way? Try a herbal tea which consists of ingredients used for centuries to bring about calmness, which in turns helps with insomnia, restlessness and muscle tension. Because your mind and body deserve it.

Stroke (Beroerte) Tea 160g

For those who have a family history of strokes, suffer from high blood pressure and have unhealthy high cholesterol levels. This mixture aids with lowering blood pressure and cholesterol and promotes circulation of blood to the brain. Packed with antioxidants, regeneration of damaged cells is promoted.

Ulcer (Maagsuur) Tea 160g

The dreaded stomach ulcer. Before meals have a sip of this unique herbal tea which alleviates pain associated from ulcers, but most important, it protects the stomach and intestinal lining, further warding off bacteria that cause ulcers.

Water Retention (Ontwatering) Tea 160g

Combat the build up of excessive fluids in your body with this herbal tea. A blend of herbs that are diuretics, and herbs that contain magnesium, which reduces water retention, makes up this herbal mixture.

Whooping Cough (Kinkhoes) Tea

160g

This herbal tea acts as an immune booster to ward off colds and flu and all associated symptoms. Some of the herbs are natural expectorants, aiding with symptoms like sore throat and also clearing mucus off the chest. This tea should not be given to pregnant women or children.

Women's Ailments (Vrouekwale) Tea

160g

Promote optimum hormonal balance with this herbal tea. For the younger women that want to combat the symptoms of PMS, this tea is super beneficial, as the power of Sage, the main ingredient, boosts brain health, bone health and eases menstrual cramps.