

HERBAL TEAS



GINGER TEA

Ginger tea has a spicy, full-bodied flavor that is well-known as a trusted nausea treatment. It contains gingerol, an antioxidant that is the principal bioactive disease-fighting ingredient found in ancient ginger root. Vitamins and minerals such as vitamin B3 and B6, iron, potassium, and vitamin C are also found in tiny levels in ginger.

Ginger has been demonstrated to improve immune function and reduce inflammation. A recent comprehensive study of ginger's impact on human health found that it can aid with gastrointestinal function, pain, inflammation, metabolic disorders, and other conditions.



CHAMOMILE TEA

Chamomile tea is more than just a soothing drink to sip before bed. Chamomile is a flowering plant belonging to the Asteraceae family. Since ancient times, people all around the world have used it as a natural cure for a variety of ailments. Chamomile is high in bioactive phytochemicals, particularly flavonoids, which are antioxidants. It also has trace amounts of minerals and vitamins like potassium, calcium, carotene, and folate, as well as other nutrients.



HIBISCUS TEA

The vividly colored blossoms of the hibiscus plant are used to make hibiscus tea. Red-orange, pink, yellow, and white are the most typical colors of the lovely blossoms. The portion of the hibiscus plant that protects the bloom is called the "calyx." Hibiscus tea contains dried calyces, which provide a pleasant yet tangy flavor. Hibiscus tea includes modest levels of potassium, calcium, magnesium, and other trace minerals in addition to antioxidants.



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