

# HERBAL INFUSION

## **Morning Focus**

Peppermint Rosemary

## **Winter Blend**

Yarrow, Peppermint,  
Elderflower

## **Calm & Happy**

Chamomile, Rose Petals,  
Lemon Balm

## **Pregnancy/Breastfeeding**

Raspberry Leaf, Nettle  
Leaf

## **Digestive**

Chamomile, Peppermint,  
Lemon Balm

## **Period Blend**

Nettle, Yarrow,  
Chamomile, Rosemary

# SMOOTHIES

## **Green**

Kale, Spinach, Mango,  
Apple

## **Berries**

Strawberries, blueberry,  
blackberry, raspberry, apple

**\* Safety Note:** Avoid Yarrow during pregnancy

**\*\* Safety Note:** Avoid Raspberry leaf in early stages of pregnancy (first two trimesters)

**General Safety Note:** avoid high doses of therapeutic teas during pregnancy e.g. more than 3 cups of the same tea every day (apart from the Pregnancy tea)