



Perilla Tea

Special Features

- Natural moisturizing & alkalizing herbal tea

Most Suitable for

- Indigestion (2 tea bags, 250cc hot water)
- Cold, flu, cough & phlegm
- Bronchitis
- Sore throat (add elderberry)

Main Benefits

- Promote the function of spleen and lungs to calm cough and clear phlegm and pus
- Reduce stomach discomfort
- Prevent cough and cold and improve respiratory function

Ingredients/Process

- Perilla Leaves, Tangerine Peels, Liquorice Roots, Jasmine Flowers, Five Leaf Ginseng(Gynostemma Pentaphyllum)

Perilla Tea

Main Ingredient :

Perilla, Tangerine Peels, Liquorices, Jasmine, Five Leaf Ginseng

Functions :

- Promote the functions of spleen and lung to calm cough and clear phlegm and pus;
- Smooth stomach discomfort and/or acid reflux; Help digestion; Prevent cold and flu;
- Cure chronic cough; Promote the functions of the respiratory and digestive systems.

Symptoms & Application

Symptoms: Cough, Dry Throat/Ulcer, Loss of Voice, Cold or Flu, Acclimatized

Application: Put one tea bag into 200cc. of boiling water. 8-10 mins later, drink it slowly while it is hot. 2 - 3 tea bags daily.

Symptoms: Indigestion, Stomach Upset, Acid Reflex

Application: Put one tea bag and a few slices of young ginger into 200 cc. of boiling water. 8 - 10 mins later, drink it slowly while it is hot. Or add 10 cc. of ginger juice in the tea before drinking. 2 - 3 tea bags daily.

** Perilla tea does not contain caffeine; it has no stimulant effect that will disrupt sleep or digestion.*