



The Tea Mistress, LLC ~ Events, Specialty Teas, Herbs, Tea Accessories  
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**TEAS IN STOCK AS OF 1/13/20:** *All teas, herbs, spices and sweets are tax-free! All tea is loose unless “teabags” are indicated.*

**NEW!** “Steeping Beauty” Herbal Bath Blend! A combination of herbs and flowers to soothe the skin and relax the body and mind. Just toss the cloth bag in the tub and soak to your heart’s content! Once you have finished bathing, you can empty out the cloth bag and fill it with potpourri, jewelry, etc.

Ingredients: Green Rooibos, Honeysuckle flowers, Lemon Balm (Melissa), Linden, Comfrey Leaf, Oatstraw, Rose petals, Chamomile, Jasmine, Lavender, Passionflower, Chrysanthemum, Calendula, Violet Flowers.

Price: \$3 per bath bag (.3 oz).

**Caution:** *This is for the bathtub, not for drinking! Comfrey is now considered toxic if ingested, although historically it was consumed as a tisane in Europe for medicinal purposes.*

### **CBD TEAS!**

Teas and tisanes (herbal teas) infused with full-spectrum hemp CBD from Twin Flame Tea! CBD is being celebrated for its potential beneficial effects on insomnia, anxiety and chronic pain. Each teabag contains 10 milligrams of CBD. (This product does NOT contain THC or any illegal substances.) *Also see “Sugar and Honey” section for CBD Sugar Gems.*

**Choco-Holic Black Teabags from Twin Flame Teas:** Ingredients: Puerh tea, black tea, cocoa nibs, carob, cocoa husk, natural flavoring. (10 milligrams of full-spectrum CBD per teabag)! Price: \$30 for pack of 10 teabags.

**Pucker Up! Herbal Teabags from Twin Flame Teas:** Ingredients: Hibiscus, pineapple pieces, orange peel, lemongrass, lavender, CBD, artificial flavoring. (10 milligrams of full-spectrum CBD per teabag)! Price: \$30 for pack of 10 teabags.

**Tropical Fantasy Black Teabags from Twin Flame Teas:** Ingredients: Black tea, marigold, safflower, blue cornflower, blue mallow flower, artificial passionfruit and mango flavors. (10 milligrams of full-spectrum CBD per teabag)! Price: \$30 for pack of 10 teabags.

### **BLACK TEA**

*Black tea is oxidized and dried after picking, giving it a rich, bold, strong flavor that is great with or without cream and sweeteners. Caffeine level: medium to high*

**Apple Spice Black Tea:** *Great as a tea with or without cream and sugar. Use it to make Glühwein by adding red wine and cinnamon.* Ingredients: Orange pekoe black tea, apple pieces, cinnamon, blackberry leaves, safflower petals, natural flavors. Price: (loose) \$4 per ounce.

**Blackcurrant Black Tea:** Ingredients: Black tea, strawberry leaves, currant flavoring. (loose) Price: \$3.25 per ounce.



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**Blueberry Black Tea, a Tea Mistress blend.** Ingredients: Ceylon black tea, cornflower petals, blackberry leaves, organic dried blueberries, natural flavors. (loose) Price: \$4 per ounce.

**Caffeine Buzz:** You asked for a high-caffeine tea, and here it is! This one actually contains coffee too! (loose) Ingredients: Black tea, puerh-style black tea, green yerba mate, cacao beans from India, green coffee beans from Ethiopia, chamomile petals, ground coffee, natural flavors. (loose) Price: \$4 per ounce.

**BACK IN STOCK: Caramel Cherry Cheesecake Black Tea:** Ingredients: (loose) Price: \$3.75 per ounce.

**Caramel Dream Black Tea:** Ingredients: Rooibos, black tea, cacao nibs, allspice, chamomile, pepper, caramel flavor. (loose) Price: \$4 for 1 ounce, \$6 for 1.7 oz, \$7.75 for 2 oz.

**Ceylon Black Tea:** Ingredients: Single origin Ceylon F.B. Orange Pekoe black tea from Lumbini Estate, Sri Lanka. (loose) Price: \$4.25 for 1 ounce, \$6.25 for 1.5 oz, \$8 for 2 oz.

**Cherry Black Tea:** Ingredients: Ceylon black tea, dried cranberry & cherry pieces, blackberry leaves, rose & safflower petals, natural cherry flavor. (loose) Price: \$4 for 1 ounce, \$6 for 1.5 ounces, \$7.75 for 2 ounces.

**Citron Black:** Ingredients: Black tea, orange peel, lemon flavor. Price: \$3.75 for 1 ounce; \$5.50 for 1.5 oz, \$7.25 for 2 oz.

**Cookie Dough Black Tea:** Tastes as good as it sounds, but gluten-free and calorie-free! Ingredients: Orange Pekoe Ceylon Black Tea, calendula and chamomile petals, natural flavors. (loose) Price: \$3.50 per ounce.

**Cran-Raspberry Spice Black Tea:** Ingredients: black tea, orange peel, planed almonds, cranberry pieces (cranberries, sugar, sunflower oil), cardamom pods, flavoring, freeze-dried cranberry slices, freeze-dried strawberry and raspberry pieces. (loose) Price: \$3.75 per ounce.

**Creamsicle Black Tea:** Ingredients: black tea, orange peel, coconut, marigold petals, vanilla & orange flavors. (loose) Price: \$4 for 1 ounce, \$6 for 1.5 ounces, \$8 for 2 ounces.

**Dark Chocolate Cherry Black Tea:** Ingredients: Black tea, cranberry, cherry, cacao nibs, safflower, chocolate & cherry flavors. (loose) 1 oz (7-8 cups): \$4, 1.5 oz: \$6, 2 oz (approx. 15 cups) \$8

**Doke Black Fusion, Autumn Flush:** Premium black tea from Doke Tea Plantation/Lochan Tea Company of Siliguri, India. (loose) Price: \$4 per ounce

**Organic Earl Grey (loose):** Organic Ingredients: black tea, organic-compliant natural bergamot flavor. Price: \$4 for 1 ounce, \$6 for 1.5 ounces, \$8 for 2 ounces.

**Organic Earl Grey Teabags:** Organic Ingredients: Ceylon black tea, natural bergamot flavor, blue cornflowers. Price: (teabags) 5 teabags for \$4, 10 teabags for \$7

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**Eggnog Black Tea:** Ingredients: Ceylon black tea, cinnamon, ginger, clove, natural flavors. (loose) Price: \$3.75 for 1 ounce, \$5.50 for 1.5 ounces, \$7.25 for 2 ounces.

**Organic English Breakfast Tea:** Ingredients: Organic black teas from China, India, Sri Lanka, Tanzania (flowery broken orange pekoe, flowery orange pekoe)  
Price: (loose) \$4 per ounce.  
Price: (teabags) \$4 for 5 teabags, \$7 for 10 teabags

**Ginger Peach Black Tea:** Ingredients: black tea, ginger, safflower petals, papaya & apple pieces, peach flavor.  
Price: \$4 for 1 ounce, \$6 for 1.5 oz, \$7.75 for 2 ounces.

**Gooseberry Red Currant Black Tea:** Ingredients: Ceylon black tea, organic-compliant natural flavors. (loose) \$4 for 1 ounce, \$5.75 for 1.5 ounces, \$7.50 for 2 ounces.

**Hazelnut Black Tea Bags:** Ingredients: Black tea, natural hazelnut flavor, hazelnuts. Price: 5 bags for \$3.25, 10 bags for \$5.50, 15 bags for \$7.50 **ALLERGEN ALERT: CONTAINS TREE NUTS!**

**NEW!** **Irish Breakfast:** (loose) Ingredient: Assam and Ceylon black tea. Price: \$3.50 per ounce.

**NEW!** **Key Lime Black Tea Bags:** Ingredients: Ceylon black tea, natural flavor. Price: \$3.50 per ounce.

**“Lady Jane” Strawberry Cream Earl Grey, a Tea Mistress Blend.** Ingredients: Orange Pekoe Black Tea, Strawberry Pieces, Blackberry Leaves, Cornflower Petals, Rose and Lavender Buds, Organic-Compliant Natural Flavors (strawberry, vanilla crème, lavender, bergamot). Price: \$4 per ounce **TEMPORARILY OUT OF STOCK WHILE WE PERFECT THIS BLEND.**

**Lavender Cream Earl Grey, a Tea Mistress blend** Ingredients: black tea, natural bergamot and cream flavor, calendula petals, lavender buds. (loose) Price: \$4 per ounce.

**Lemon Black Tea Bags:** Ingredients: Ceylon black tea, natural lemon flavor. Price: (teabags) 10 bags for \$3.25

**Lingonberry Black Tea Bags:** Ingredients: Ceylon black tea, natural lingonberry flavor. Price: 10 bags for \$3.

**Organic Mango Black Tea:** Organic Ingredients: Sri Lankan black tea, calendula, osmanthus petals, Natural Flavors. (loose) Price: \$4 per ounce. **ALSO AVAILABLE IN GALLON TEA BAGS FOR ICED TEA.**

**Maple Black Tea:** Ingredients: Ceylon black tea, calendula & sunflower petals, organic-compliant natural flavors, maple syrup. (loose) Price: \$3.75 for 1 ounce, \$5.50 for 1.5 ounces, \$7 for 2 ounces.



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**Mint Black Tea:** Ingredients: Ceylon black tea, peppermint leaves, organic-compliant natural flavors. (loose)  
Price: \$3.75 for 1 ounce, \$5.25 for 1.5 oz., \$7 for 2 ounces.

**Monk's Blend (Vanilla Grenadine) Black Teabags:** Ingredients: Ceylon black tea, natural vanilla and grenadine flavors. (tea bags) Price: 10 pyramid bags for \$3.75

**Organic Monk's Blend (Vanilla Grenadine) Black Tea:** Ingredients Organic Ceylon black tea, natural vanilla and grenadine flavors. (loose) Price: \$4.25 for 1 ounce, \$6 for 1.5 ounces, \$8 for 2 ounces.

**Not Just Another Turmeric Ginger Tea:** Antioxidant & anti-inflammatory; brain, nerve & digestive aid\*  
Ingredients: green & black tea, bael nut, ginger, turmeric, cornflower petals, natural flavors. (loose).

**TEMPORARILY OUT OF STOCK**

**Orange You Glad? A Tea Mistress Blend.** Ingredients: Ceylon Black Tea, orange peel, Sri Lankan cinnamon, pink peppers, orange & cinnamon flavor. Price: \$4 per ounce.

**Peach Apricot Black Tea Bags:** Ingredients: Ceylon Black Tea, Natural Peach and Apricot Flavors. (teabags)  
Price: 10 bags for \$3.50

**Organic Peach Apricot Black Tea:** Organic Ingredients: Ceylon Black Tea, Flowery Pekoe Grade Ceylon Black Tea, Calendula and Osmanthus Petals, Natural Flavors. (loose) Price: \$4.50 per ounce.

**Pineapple Black Tea Bags:** Ingredients: Ceylon black tea, natural flavor. (Teabags) 10 bags for \$3

**Pirate's Pleasure Rum Raisin Black Tea, A Tea Mistress Blend:** (loose) Ingredients: Ceylon Black tea, roibos, hibiscus, raisins, currants, golden berries, cocoa nibs, rosehips, coconut, allspice, natural flavors. Price: \$4 per ounce.

**Pistachio Shortbread Black Tea:** Ingredients: black tea, pistachio nuts, artificial flavor, rose petals, marzipan drops (almonds, cane sugar, humectant, invertase). **ALLERGEN ALERT: PISTACHIOS & ALMONDS!** (loose) Price: \$4 for 1 ounce, \$6 for 1.5 ounces, \$7.75

**Pomelo Basil Black Tea:** Ingredients: black tea, dried pomelo cubes and peels, basil leaves, natural flavors. (loose) Price: \$3.50 per ounce.

**Pumpkin Spice Black Tea:** Ingredients: Ceylon black tea; apple, orange, rosehip pieces, hibiscus, calendula & sunflower petals, cinnamon, natural flavors. (loose) Price: \$4 per ounce.

**Raspberry Black Tea:** Ingredients: Ceylon black tea, blackberry leaves, rose petals, dried raspberry pieces, natural flavors. (loose) Price: \$3.50 per ounce.



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**Roasted Chestnut:** Ingredients: black tea, roasted yerba mate, roasted green tea, natural & artificial flavor, almonds. (loose) Price: 4.25 for 1 ounce, \$6 for 1.5 ounces, \$8 for 2 ounces. **ALLERGEN ALERT: NUTS**

**Rose Congou Black Tea:** Ingredients: Black tea from Nilgiri, India and Fujian, China; rose petals, organic-compliant natural flavors. (loose) Price: \$3.50 per ounce.

**NEW!** **Rose Black Tea Bags:** Ingredients: Ceylon black tea, natural flavor. Price: \$3.50 for 10 bags.

**Salted Caramel Black Teabags:** Ingredients: Ceylon black tea, popped rice, apples, chamomile & safflower petals, natural flavors. Price for individually wrapped teabags: 75 cents each, 10 for \$7

**Spicy Cinnamon Black:** Ingredients: Ceylon Black Tea, Sri Lankan cinnamon, pink peppers, flavors. Price: \$3.75 per ounce.

**Strawberry Black:** Ingredients: Ceylon black tea, dried strawberry and papaya pieces, blackberry leaves, natural flavors. (loose) Price: \$3.75 per ounce

**Swiss Hot Chocolate Black:** Ingredients: Ceylon black tea, cocoa, chamomile petals, natural flavors. (loose)  
**SPECIAL INTRODUCTORY PRICE: \$3 PER OUNCE**

**Tasty Butterscotch Crumpet Black Tea, a Tea Mistress original blend!** If you're from Philadelphia, you probably grew up on butterscotch-flavored "tasty cake" enrobed spongecakes! This tea is an homage to those tasty snack cakes, whose name we won't mention, because it's trademarked! Ingredients: Ceylon black tea, butterscotch pieces\*, calendula, jasmine & sunflower petals, natural flavors. (Butterscotch bits pieces ingredients: sugar, palm kernel oil, whey powder, soy lecithin, sorbitan tristearate, artificial yellow color, artificial flavor, natural vanilla, high fructose corn syrup). (loose) Price: \$4 per ounce.

**PRICE REDUCTION:** **Thai Tea:** *Tastes like the real thing from the restaurant!* Ingredients: Green tea grown in Thailand, artificial flavors, FD&C yellow dye #6. (loose) Price: \$3 for 1 ounce, \$4.50 for 1.5 oz, \$6 for 2 oz.

**Turkish Black Tea:** Ingredient: Fine-cut black tea from Turkey. (loose) Price: \$3.25 for 1 ounce, \$4.75 for 1.5 oz.

**Turmeric Ginger Peach Black Tea:** Ingredients: Black tea, turmeric, ginger, calendula, natural flavors. (loose) Price: \$4.50 for 1 ounce, \$6.50 for 1.5 ounces, \$8.50 for 2 ounces.

**Vanilla Cream Earl Grey:** Ingredients: black tea, natural bergamot and cream flavor, calendula petals. Price: (tea bags): \$5.50 for 10 teabags **TEMPORARILY OUT OF STOCK**  
Price (loose tea): \$3.75 for 1 ounce, \$5.50 for 1.5 oz, \$7.25 for 2 oz.

**Victorian Lavender Rose Black Tea:** Ingredients: black tea, lavender, rose petals (loose) Price: \$4 per ounce.

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**Violet Macaron Black Tea:** Ingredients: Black tea, apple pieces, sliced almonds, flavoring, mallow blossoms, freeze-dried yogurt granules (skim milk yogurt, sugar, maltodextrin, modified starch, citric acid) **ALLERGEN ALERT: milk, nuts.** (loose) Price: \$4 per ounce.

**NEW!** **Wild Blackberry Black Teabags:** Ingredients: Black tea, natural flavors. Price: 10 teabags for \$3.50

#### **DECAFFEINATED BLACK TEA:**

*The delicious flavor of black tea without the caffeine content! These are flavored black and green teas naturally decaffeinated by CO2 process. Also look under our "herbal" category for caffeine-free teas.*

**Decaf Black Currant Black Teabags:** Ingredients: Decaffeinated Ceylon black tea, Blackberry leaves, Cornflower petals, Natural black currant flavor. (tea bags). Price: \$5 for 10 bags; \$10 for 20 bags.

**Decaf Chai:** Ingredients: Decaffeinated black tea, ginger, cinnamon, cardamom, black & white pepper, clove, nutmeg. (loose) \$3.50 per ounce.

**MASALA CHAI Indian Spice Tea** *Contains caffeine unless otherwise noted.*

**Accidental Alchemy:** 2<sup>nd</sup> place winner, Fusion Category, Chai Wizard Tournament, 2018 Houston Tea Festival. *Conceived and hand-blended by Tea Mistress Alexandria, this is Thai Chai with a twist! Brews into a lovely teal color that turns purple with lemon or lime!* Ingredients: Butterfly Blue Pea Flower, black tea, lemongrass, cinnamon bark, ginger root, cardamom pods, dried coconut, natural coconut flavor. (loose) Price: \$6 for 1 ounce, \$8 for 1.5 oz., \$9.50 for 2 oz.

**Chocolate Chai:** Ingredients: black tea, cacao, cinnamon, ginger, natural flavor. (loose) Price: \$4 for 1 ounce, \$6 for 1.5 ounces, \$8 for 2 ounces.

**BACK IN STOCK!** **Organic Classic Chai:** Organic Ingredients: ginger root, cassia cinnamon chips, Darjeeling black tea, cardamom pods, cloves, nutmeg powder. (loose) Price: \$4.25 per ounce.

**Cochin Masala Chai:** Ingredients: Black tea, ginger, cinnamon, cardamom, black & white pepper, clove, nutmeg. (loose) Price: \$4.25 for 1 ounce, \$6 for 1.5 ounces, \$8 for 2 ounces.

**Decaf Chai:** Ingredients: Decaffeinated black tea, ginger, cinnamon, cardamom, black & white pepper, clove, nutmeg. (loose) \$3.50 per ounce.

**Organic Firefly Chai (caffeine-free):** Organic Ingredients: ginger root, vanilla beans, red rooibos, cardamom, nutmeg, cloves, cinnamon. Price: \$4.25 per ounce.



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**NEW! Green Chai:** Ingredients: Green tea, cardamom seeds, ginger pieces, cloves, black peppercorns, cinnamon pieces, crisped mint, flavoring. (loose) Price: \$4 per ounce.

**Organic Tulsi Masala Chai:** Ingredients: Holy Basil Leaves (Krishna tulsi, Rama tulsi, Vana tulsi, Assam TGfop black tea, cinnamon, cardamom, ginger root, cloves, black pepper. **WARNING:** *Do not drink during pregnancy!* (loose) Price: \$4.50 for 1 ounce, \$6.50 for 1.5 ounces, \$8.50 for 2 ounces.

**NEW! Salted Caramel Campfire Chai, A Tea Mistress Blend.** Ingredients: black tea, rooibos, cacao nibs, cinnamon, ginger, allspice, cardamom, chamomile, pepper, smoked salt, natural maple cream flavor, artificial caramel flavor. (loose) Price: \$4 per ounce.

**NEW! Spiced Chai Teabags:** (*caffeine: medium-high*) Ingredients: Black tea from India, coriander, cumin, fennel, cinnamon, cardamom, curry leaves, lemongrass leaves, natural flavors. Price: \$3.50 for 10 teabags.

**Tulsi Organic Holy Basil Chai:** (*caffeine-free*). Organic Ingredients: holy basil tulsi rama, cinnamon chips, ginger root, cardamom pods and seeds, vanilla beans, long pepper, fennel. (loose) Price: \$4.50 per ounce.

**Organic Turmeric Chai:** (*caffeine-free*). Organic Ingredients: Organic and fair trade Cinnamon bark, organic Ginger root, organic and fair trade Turmeric root, organic Cardamom, organic Fennel seed, organic and fair trade Cloves, organic and fair trade Black Pepper, organic Cayenne powder. (loose) Price: \$4.50 per ounce.

**White Chocolate Chai:** Ingredients: Assam black tea, ginger, cinnamon, cardamom, white chocolate pieces (sugar, cocoa butter, milk powder, butteroil, soy lecithin, vanilla extract) black & white pepper, clove, nutmeg, natural flavors. (loose) Price: \$3.50 per ounce.

## OOLONG TEA

*Oolong, or "baked" tea, is semi-oxidized. It's lighter than black tea but darker than green tea. The oxidation (or baking) gives it a special flavor. It contains a moderate amount of caffeine.*

**NEW! Coconut Oolong:** Ingredients: apple pieces, coconut shreds, coconut chips, flavoring. (loose) Price: \$4.50 per ounce.

**Formosa Oolong:** A darker Taiwanese oolong. (loose tea) \$3.75 for 1 ounce; \$5.50 for 1.5 ounces.

**Giddapahar Wonder Oolong:** Premium oolong tea from Doke Tea Plantation/Lochan Tea Company of Siliguri, India (loose) Price: \$4 per ounce

**Milky Oolong:** Don't be fooled by the name: there's no milk in this tea, but it has a delicious cream flavor. Ingredients: Oolong tea from Fujian, China; natural flavor. (loose) Price: \$4.50 per ounce.



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**Oolong Orange Blossom:** Ingredients: Ceylon black tea, Chinese green tea, Chinese oolong tea, jasmine petals, natural flavors. (loose tea): Price: \$3.50 per ounce.

**Peach Oolong:** Ingredients: Chinese ti quan yin oolong tea, dried mango and peach pieces, plum and calendula and safflower petals, natural peach flavor. Price: (loose) \$5 per ounce.

**Rhubarb Oolong:** Ingredients: Oolong tea from Fujian, China; rose petals, rhubarb pieces, natural & artificial flavors. (loose) Price: \$4.50 for 1 ounce, \$6.50 for 1.5 ounces, \$8.50 for 2 ounces.

**Think Pink! Raspberry Rose Oolong:** Ingredients: oolong tea, dried raspberries, rose petals, pink cornflowers. (loose) Price: \$4 per ounce.

**Organic Ti Quan Yin “Slimming” Oolong Teabags:** Lighter oolong from Fujian, China; closer to a green tea. (*tea bags*) Price: \$4 for 5 bags, \$8 for 10 bags, \$12 for 15 bags, \$16 for 20 bags.

**Watermelon Oolong:** Ingredients: Oolong tea from Fujian, China, Papaya pieces, Plum + Safflower petals, Natural flavors. (Organic Compliant). Price: \$5 per ounce.

## **GREEN TEA**

*Green tea is steamed after plucking in order to stop the oxidation of the leaves, so it retains a fresh vegetal flavor. It's high in antioxidants and generally contains less caffeine than black, oolong or white tea.*

**Berry Fig Green Tea:** Ingredients: green tea, flavoring, freeze-dried whole blackberries and raspberries, freeze-dried strawberry and fig pieces, peony petals. (loose) Price: \$3.75 per ounce.

**Blueberry Green Teabags:** Ingredients: Sri Lankan green tea, natural flavors. (teabags) 10 bags for \$3.50

**Carrot Cake Green:** Ingredients: green tea, dried carrot pieces, natural flavor, dried apple, cinnamon. (loose) Price: \$4 per ounce.

**Organic Chrysanthemum Relax Green Tea Discs:** Each disc makes 3-4 cups and can be steeped 3 times. Ingredients: Organic Chinese green tea, organic chrysanthemum petals. Price: \$2 per disc.

**Coconut Almond Green Tea:** **Allergen Alert: Nuts.** Ingredients: green tea, coconut, sugared almonds, star anise, natural flavors. (loose) Price: \$3.50 per ounce.

**Cucumber Melon Green:** Ingredients: Green tea, cucumber slices, natural watermelon flavor. Price: (loose): \$3.75 per ounce.



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**Doke Green Diamond, Autumn Flush:** Premium organic *camellia sinensis assamica* green tea from Doke Tea Plantation/Lochan Tea Company of Bihar, Siliguri, India. (loose) Price: \$5 per ounce

**Organic Dragonwell Green Tea:** The high-quality Chinese green tea leaves can be steeped up to three times, and even added to a salad or stir-fry. (loose) Price: \$4 per ounce.

**Genmaicha:** This Japanese green tea with toasted rice is sometimes nicknamed “popcorn tea”. Ingredients: Japanese sencha green tea, brown rice. (loose) Price: \$4.25 for 1 ounce, \$6 for 1.5 ounces, \$8 for 2 ounces.

**Organic Ginger Regenerate Tea Discs:** Each disc makes 3-4 cups and can be steeped 3 times. Organic Ingredients: Chinese green tea, Ginger pieces. Price: \$12 for 6 discs; \$20 for 10 discs.

**NEW! Green Chai:** Ingredients: Green tea, cardamom seeds, ginger pieces, cloves, black peppercorns, cinnamon pieces, crisped mint, flavoring. (loose) Price: \$4 per ounce.

**Superior Gunpowder:** A strong, intense green tea from China, the leaves which are tightly rolled during processing. (loose) Price: \$3.25 per ounce.

**Gyokuro:** Shaded green tea from Japan. (loose) Price: \$8 per ounce.

**Hojicha** (Roasted Japanese Bancha Green Tea): (loose) Price: \$3.75 for 1 ounce, \$5.50 for 1.5 ounces, \$7 for 2 ounces.

**Imperial Jasmine Mint Green & White Tea:** Ingredients: Green tea, white tea, spearmint, jasmine, vanilla flavor. Price: \$4 per ounce.

**Jasmine Dragon Pearls:** Ingredients green tea, jasmine blossoms. (loose) Price: \$6 per ounce. (*Price increase due to Chinese tariffs.*)

**Organic Jasmine Gold Dragon Loose Tea:** Ingredients: Organic Chinese green tea & jasmine buds. Price: \$4.25 for 1 ounce, \$6 for 1.5 ounces, \$8 for 2 ounces. **TEMPORARILY OUT OF STOCK**

**Organic Jasmine Gold Dragon Teabags:** Ingredients: Organic Chinese green tea & jasmine buds. (tea bags): Price: 75 cents each or \$7 for 10 teabags.

**Jasmine Green Tea Bags:** Ingredients: Green Tea and Jasmine Blossoms grown in China and Taiwan. Price: 10 teabags for \$4

**Kenya Purple Leaf Tea:** *Just add lemon and watch tea turn purple!* Ingredient: Ethically sourced purple-leaf tea from Kenya. This is a variation of *camellia sinensis* tea that grows purple and is processed like a green tea. It is high in the same antioxidants that are found in blueberries. Price: \$5 per ounce. (loose)



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**Kukicha Japanese Twig Tea (loose):** This tea is made from the stems of high-quality Japanese teas, Sencha and gyokuro. For this reason it's sometimes referred to as "the poor man's gyokuro". It has the same intense flavor and antioxidant properties as these famous teas, but because it's made from a less desirable part of the tea plant, it's much more affordable. And added benefit is that the stems are low in caffeine, so this tea is suitable for afternoon and evening. This tea is great iced too and pairs well with savory foods. Price: \$3.25 per ounce.

**Kyoto Sencha Cherry Rose Green (Loose Tea):** Ingredients: Japanese sencha green tea, cherry flavor, rose petals. Price: (loose): \$4 for 1 ounce, 6 for 1.5 ounces, \$8 for 2 ounces.

**Kyoto Sencha Cherry Rose Tea Bags:** Ingredients: Japanese sencha green tea, rose petals, natural cherry flavor. Price: \$7 for 10 bags

**Organic Long Island Strawberry Sencha:** Ingredients: Chinese sencha-style green tea, strawberry and papaya pieces, natural flavors. Price: (loose) \$4 per ounce

**Mango Festival Green & White Tea:** Ingredients: green tea, white tea, marigold, papaya, rose petals, cornflower, pineapple, flavor. 1 oz. \$4, 1.5 oz \$6, 2 oz \$8

**Maple Walnut Green Tea:** Ingredients: Green tea, organic roibos, walnuts, maple & walnut flavors. (loose): \$4 per ounce (7-8 cups). **Allergen alert: contains walnuts!**

**Organic Moringa Green Tea "Overcome Breast Cancer" Gift Box** from Daokrajai Lanna Fine Teas of Thailand. Box contains 20 teabags in a sustainable mango wood canister, a paper caddy/envelope to take your teabags on the go, a breast self-exam refrigerator magnet. Organic Ingredients: green tea, moringa leaf. Price: \$50 per gift box, with 30% of the proceeds going to The Rose, a non-profit organization in Houston, Texas that provides breast cancer screening and health resources, OR just pay \$35 for the tea box with proof that you have donated at least \$15 to The Rose of Houston within 30 days of purchase.

**Moroccan Mint Green Tea:** Ingredients: China gunpowder green tea, spearmint, rose petals. Price: \$4 per ounce.

**"My Green Tangerine" Citrus Green Tea:** Ingredients: Organic Green tea, tangerine peels, orange peels, safflower, lemongrass, flavor. (loose) Price: 1 oz. \$3.75, 1.5 oz \$5.50, 2 oz \$7.25

**Not Just Another Turmeric Ginger Tea:** Antioxidant & anti-inflammatory; brain, nerve & digestive aid\*  
Ingredients: green & black tea, bael nut, ginger, turmeric, cornflower petals, natural flavors. (loose).

**TEMPORARILY OUT OF STOCK**

**Organic Osmanthus Green Tea:** Ingredients: Organic Green tea from China, organic osmanthus petals. (loose) Price: \$3 per ounce.



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**Raspberry Green Tea (loose):** Ingredients: Green tea from Hunan China, Raspberry pieces, Natural flavors.  
Price: \$3.75 per ounce.

**Organic Sencha (loose):** Ingredient: Organic Sencha green tea from Japan. Price: \$6 per ounce.

**Strawberry Jetlag Awake! Teabags:** *Originally blended by our supplier for their salesperson to use on international business trips, it worked so well that they have released it commercially! The green tea and mate give you a mild caffeine boost to keep you alert without the jitters, the gynostemma keeps you balanced, and the strawberry...well, it just tastes good!* Ingredients: Green Tea, Green Yerba Mate, Gynostemma Leaves, Strawberry and Papaya Pieces, Natural Flavors. Price: 10 teabags for \$5.

#### **MATCHA:**

*Matcha is a powdered Japanese green tea that is traditionally used in Japanese Tea Ceremony. It's gaining popularity in the West due to its health benefits and smooth texture. A cooking-grade matcha can be used in smoothies and baked goods, while a high-quality ceremonial-grade matcha should be enjoyed by itself.*

**NEW! Blueberry Matcha (sweetened):** Ingredients: cane sugar, green tea, natural flavor. Price: TBA

**Organic Ceremonial-Grade Matcha** from Sugimoto America! Certified USDA Organic and Kosher. Price: \$28 for 1-ounce (29-gram) tin.

**Organic Daily Food-Grade Matcha** from Sugimoto America, in single-serving packs! Certified USDA Organic and Kosher. Price: \$14 for 2-ounce package (28 sticks total).

**Organic Culinary-Grade Matcha** from Sugimoto America, in single-serving packs! Perfect for smoothies, lattes, baking and other recipes that call for matcha. Certified USDA Organic and Kosher. Price: 1.5 gram sticks \$1 each, 10 for \$7.50

**Organic Flavored Food-Grade Matcha** from Touch Organic of China. Comes in plain, sweet and strawberry. Price: \$1 per 1 gram single-serving packet.

**NEW! Organic Raspberry Matcha (sweetened):** Organic Ingredients: cane sugar, green tea, natural flavor. Price: TBA

*(See Teaware & Accessories section for bamboo matcha whisks, bowls and scoops.)*

#### **WHITE TEA**

*White tea is the least processed of all teas. White tea's flavor and color ranges from pale, delicate and subtle to darker, stronger green-tea-like flavor. Contrary to popular belief, white tea is NOT a low-caffeine tea: it actually has a higher caffeine content than black tea!*



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**Cinnamon Pear White:** Ingredients: white tea, cinnamon, rose & safflower petals, cranberries, flavor. (loose) Price: \$3.75 for one ounce (makes 7-8 cups), \$5.50 for 1.5 ounces, \$7 for 2 ounces.

**Imperial Jasmine Mint Green & White Tea:** *If you miss Teavana's Jade Citrus Mint and Dragon Phoenix Pearls, you'll love this!* Ingredients: Green tea, white tea, spearmint, jasmine, flavor. Price: \$4 per ounce.

**Jasmine Silver Needle:** Young and tender Silver Needle tea buds from China are enhanced by the intoxicating fragrance of night-blooming jasmine flowers. Price: \$7 for ½ ounce, \$10.50 for ¾ ounce, \$14 for 1 ounce. *(Price increase due to Chinese tariffs.)*

**Moringa Jungle Berry White Tea:** Ingredients: White tea, moringa, apple, rosehips, sage, hibiscus, acai, goji, strawberry, cranberry, juniper berry, cardamom, natural & artificial flavor. (loose) Price: \$4 for 1 ounce, \$6 for 1.5 oz, \$8 for 2 oz.

**Mango Festival Green & White Tea:** Ingredients: green tea, white tea, marigold, papaya, rose petals, cornflower, pineapple, flavor. 1 oz. \$3.50, 2 oz \$7

**Pomegranate Apple White:** Ingredients: white tea, cinnamon, rose & safflower petals, cranberries, flavor. (loose) Price: \$4 per ounce.

**Rice Pudding White Tea:** Ingredients: white tea, cinnamon, raisins, coconut, apple, flavor. (loose) Price: \$4 per ounce.

## **BLOOMING/FLOWERING TEAS AND ARTISAN TEAS**

*These teas are painstakingly hand-crafted with great care. The dry tea leaves look like an unassuming ball, but when water is added, they begin to unfurl and slowly blossom into a beautiful flower shape! Not only are they beautiful to look at, but they taste great too! Prepare in a glass teapot if you have one. After you have finished drinking your tea, you can preserve the tea bloom in cold water for another day or two.*

**Blooming Tea Assortment Sampler Box:** Comes with 1 bloom of each: Camellia Rose, Menthe Soleil, Thousand-Day Flower, and Ginger Green Pressed Tea Disc in a pretty floral box. Price: \$10.

**Camellia Rose:** Ingredients: Chinese black tea, rosebuds, lavender, camellia flower. *Caffeine level: medium.* Price: \$20 for package of 10 blooms or \$2 per blooming ball.

**Organic Ginger Regenerate Detox Tea Discs:** Just one disc makes enough tea for a 3 to 4-cup teapot!  
Organic Ingredients: Chinese green tea\*, Ginger pieces\*. *Caffeine level: medium-low.* Price: 4 discs for \$5 or \$2 per disc. Note: This is NOT a blooming tea!



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**Menthe Soleil - Sunshine Mint:** *Caffeine level: medium-low. Ingredients: Chinese green tea, amaranth and marigold flowers, mint leaves. Price: \$20 for package of 10 blooms or \$2 per blooming ball.*

**Thousand-Day Flower:** *Ingredients: Chinese green tea, amaranth flower. Caffeine level: low. Price: \$20 for package of 10 blooming tea balls.*

### **PUERH TEA:**

*Also known as puer, pu'er, pu-erh, fermented tea, or "post-oxidized" tea, this is a traditional Chinese black tea that has been processed in a special way that causes it to ferment with bacteria, similar to wine and cheese. This tea increases in value and flavor with age. It's an "acquired taste" redolent of earth and compost, but once you get used to the strong flavor, you'll be hooked! Studies have shown that the natural statins in puerh may help reduce cholesterol. In Asia, it is traditionally enjoyed with dim sum and purportedly helps with digestion of heavy, greasy foods. It's recommended that you "rinse" your puerh leaves with freshly boiled water just before steeping and drinking. Puerh can be steeped 3-9 times, so you will really get your money's worth from this tea!*

**Organic Scottish Caramel Puerh:** *Organic Ingredients: puerh-style black tea, sliced almonds, organic-compliant natural flavors. (loose) Price: \$4.50 for 1 ounce, \$6.25 for 1.5 oz., \$8 for 2 ounces.*

**Xantou Mandarin Orange Puerh:** *This is puerh tea from China stuffed inside a mandarin orange peel, which imbues the tea with its natural flavor as it ages. Price: \$7 each (at 6-9 steepings, this will last you a while.)*

### **CAFFEINATED HERBAL TEAS (YERBA MATÈ, YAUPON, GUAYUSA, COFFEE CHERRY)**

*Yerba matè is a South American herb containing caffeine. It has a leafy vegetal flavor. You can enjoy it hot or cold, with or without milk and sweetener.*

*Yaupon holly is a plant that grows in Texas. It's a traditional Native American caffeinated beverage that is just now being rediscovered! If you're a coffee drinker, you'll enjoy the robust flavor of yaupon.*

**Cascara Coffee Cherry:** *The dried skin and fruit of the coffee plant! Smooth, slightly tart flavor. If you like the smell of coffee without the bitterness and with less caffeine, try this! It has about ¼ to 1/8 the amount of caffeine as a cup of coffee. Ingredient: Lempira or Parainema coffee cherry cascara from Honduras. (loose) Price: \$4 per ounce.*

**Energy Mate Teabags:** *Ingredients: Green mate, Lemongrass + Spearmint leaves, Gingko + Ginseng + Nettle pieces, Calendula + Cornflower + Sunflower petals. (teabags) Price: \$3.50 for 5 bags, \$6.50 for 10 bags.*

**Green Mate:** *The closest to its natural unprocessed state. Drink plain or sweetened. Blend with mint and steep, or mix steeped mate tea with fruit juice or milk. (loose) \$3 per ounce*



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**Mint Yerba Mate:** *Hand-blended by The Tea Mistress.* Traditional yerba mate blended with peppermint and spearmint. (loose) \$3 per ounce.

**Dark Roast Yaupon** from *Lost Pines Yaupon Tea of Austin, Texas:* A step beyond organic, it's wild harvested! Delicious hot or iced! Yaupon has less caffeine than most teas, and more theobromine (the same mood-enhancing molecule in chocolate), plus it's packed full of antioxidants! Dark Roast is a stronger flavor. Price: \$11 for 4 half-gallon iced tea bags.

### **FLAVORED ROOIBOS AND HERBAL TEA/TISANES** (naturally caffeine-free herbs, spices, plants and fruits)

**NEW! Apples & Chocolate:** (loose) Ingredients: apples, cocoa peel, natural & artificial flavor, cocoa bits, marigold, cornflower, blackberry leaves. Price: \$4 per ounce.

**Be Mine! Chocolate Strawberry:** (loose) Ingredients: Apple, papaya & strawberry pieces, cacao beans, rosehips, hibiscus, cornflower petals, natural flavors. Price: \$4 per ounce. **ONLY 1.5 OUNCES LEFT IN STOCK**

**Bella Coolada Teabags:** Ingredients: Apple + Rosehip + Chicory root + Orange pieces, Blackberry leaves, Hibiscus petals, Natural pineapple and orange flavor. (teabags) Price: \$4.25 for 10 teabags  
*Also available in 1-gallon bags for iced tea!*

**Blueberry Violet:** Ingredients: apple pieces, mountain blueberry leaves, mountain blackberry leaves, rose hip peel, orange peel, blackberry leaves, sweet blackberry leaves, melissa leaves, lemon grass, lemon peel, natural flavoring, mallow blossoms, blue butterfly pea flowers, blue cornflower blossoms. (loose) Price: \$3.50 per ounce.

**Blue Lagoon, a Tea Mistress Blend:** Color-changing blue/purple tisane! Ingredients: Blue pea flower, lemongrass, coconut flakes, organic apples, orange peels, raisins, currants, natural flavor. (loose) Price: \$5 per ounce.

**Butterfly Blue Pea Flower:** Amazing color-changing herbal tea changes from bright blue to purple when you add lemon or lime! (loose) Price: \$4 per ½ ounce, \$6 for ¾ ounce (makes 8-10 cups)

**NEW! Caramel Rooibos Teabags:** Ingredients: South African rooibos, calendula petals, natural flavors. Price: \$4 for 5 teabags, \$6.50 for 10 teabags

**NEW! Chicory Root** from France. Great as a coffee substitute. (loose) Price: \$3 per ounce.



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**Dried Chrysanthemum:** Ingredient: dried chrysanthemum flower pieces from China. *Traditional folk medicine uses: anti-inflammatory, nervine, relaxation, lower blood pressure & cholesterol, immune support, strengthens bones & vision. High in potassium, Vitamin C & beta carotene (Vitamin A precursor). Used topically it may soothe skin conditions\*.* Warning: use with caution if you have a ragweed allergy: cross-reactions may occur. (loose) Price: \$3.50 per ounce.

**Circle of Life:** Moringa, rooibos, apple bits, orange peel, pepper, raspberry leaves, fennel, chamomile, clove, cardamom pods, juniper berries, ginger, dandelion, flavor. (loose) Price: \$4.25 per ounce.

**Coconut Macaroon:** Ingredients: apple pieces, pineapple cubes (pineapple, sugar), roasted coconut flakes, coconut flakes, freeze-dried marzipan drops (*almonds*, sugar, humectant: invertase), flavoring, coconut flakes, freeze-dried yogurt granules (*skim milk yogurt*, sugar, maltodextrin, modified starch, acidifying agent: citric acid), sweet blackberry leaves. **ALLERGEN ALERT: milk, almonds.** (loose) Price: \$3.50 per ounce.

**Dark Chocolate Blood Orange Rooibos:** Ingredients: rooibos, cocoa nibs, rosehips, orange peel, flavor, safflower. (loose) Price: 1 oz. \$4, 1.5 oz, \$6, 2 oz \$8

**Date Pistachio:** Ingredients: date pieces (dates, rice flour), pistachios, sliced almonds, flavoring, rose petals. **ALLERGEN ALERT: NUTS!** (loose) Price: \$3.50 per ounce.

**Elderberry Lavender Rose Rooibos Teabags:** Ingredients: South African Rooibos, Rosehips, Rose Petals, Lavender Blossoms, Currants, Elderberries, Natural Flavors. Price: \$3.50 for 5 teabags, \$6 for 10 teabags.

**ESSENTIEL DE LAVANDE- Purifying Teabags:** Purifying Organic Lavender Herbal Tea from Provence, France. Ingredients: Organic French lavender, thyme, verbena. Price: \$16 per box of 15 pyramid teabags.

**ESSENTIEL DE LAVANDE- Digestive Teabags:** Organic Lavender Herbal Tea from Provence, France. Ingredients: Organic Lavender and Rosemary. Price: \$16 per box of 15 pyramid teabags.

**Organic French Evening: A Tea Mistress Original Blend!** Organic ingredients: spearmint, linden, rose petals, lemon verbena. Price: (loose): \$5 per ounce.

**Fruit Fiesta:** Ingredients: hibiscus, cornflower petals, dried apple, rosehip and orange pieces, natural flavors. Price: \$3 per ounce!

**Organic Green Rooibos:** Ingredient: Organic unprocessed South African rooibos. (loose) Price: \$3.50 per ounce.

**Hibiscus:** nothing but hibiscus flowers, imported from Egypt! Price: \$3.75 for 1 ounce, \$5.50 for 1.5 ounces, \$7.25 for 2 ounces. *Also available in 1-gallon teabags for iced tea!*



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**BACK IN STOCK: Hibiscus High:** Organic Ingredients: hibiscus flowers, honeybush, rose hips, lemongrass, spearmint leaf, orange peel, rose petals. (loose) Price: \$4.50 per ounce.

**Hippie Heaven:** Ingredients: South African Rooibos, fennel seed, licorice root pieces, lemon verbena, peppermint, blackberry leaves, cinnamon. (loose) Price: \$3 per ounce

**“Infusion of Love” Raspberry Lemon Verbena** (loose): Ingredients: apple pieces, lemon verbena, lemongrass, hibiscus, lemon peel, raspberry pieces, cornflower petals, natural flavors. Price: \$4 per ounce.

**Kimberlee’s Hummingbird Garden, a Tea Mistress Original Blend.** Ingredients: green rooibos, elderflower, honeysuckle, dried strawberries, rosebuds, lemon verbena, natural strawberry flavor. (loose) Price: \$4 per ounce.

**Lavender Berry Rooibos:** Ingredients: rooibos, natural & artificial flavors, lavender, raspberries. (loose) Price: \$4 per ounce.

**Lavender Peach:** Ingredients: papaya, apple bits, lavender, rosebuds & petals, flavor, cornflower, marigold. Price: \$4 for 1 ounce, \$6 for 1.5 oz, \$8 for 2 oz.

**Lemon Vanilla Rooibos:** Ingredients Organic rooibos, organic apples, organic lemongrass, lemon peels, flavor. (loose) Price: \$4 per ounce.

**Loopy Fruity:** Ingredients: Dried apple, hibiscus, rosehips, pomegranate, raspberries, calendula, safflower petals, cornflowers, natural flavors (loose) **TEMPORARILY OUT OF STOCK**

**Mint Chocolate Rooibos:** Ingredients: South African rooibos, peppermint leaves, calendula petals, cacao nibs, natural chocolate flavor. (loose) Price: \$3.75 per ounce.

**Passionfruit Hibiscus:** Ingredients: Hibiscus, apple bits, raisins, pineapple, orange peel, flavor. Price: \$4 per ounce.

**Pecan Pie Rooibos:** Ingredients: (loose) Price: \$3 per ounce.

**Organic Peppermint** grown in USA. (loose): \$3.75 for ¾ ounce, \$4 for 1 ounce, \$5.75 for 1.5 ounces, \$7.50 for 2 ounces.

**Organic Peppermint Teabags:** Ingredient: Organic peppermint grown in USA. Price: \$4 for 5 bags, \$7 for 10 bags.

**Piña Colada (Loose):** Ingredients: apple, rosehips, pineapple, coconut, hibiscus, natural flavors. **\*\*Allergen Alert - Coconut Contains Sulfites.** (loose) Price: \$4 for 1 ounce, \$6 for 1.5 oz, \$7.75 for 2 ounces.



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**Organic Raspberry Lemonade:** Organic Ingredients: Apple, hibiscus petals, rosehips, lemon peel, chamomile & cornflower petals, strawberry leaves, raspberry pieces, organic-compliant natural flavors.

Price: \$4 per ounce (loose)

**NEW! Organic Raspberry Lemonade Teabags:** Organic Ingredients: Apple, hibiscus petals, rosehips, lemon peel, chamomile & cornflower petals, strawberry leaves, raspberry pieces, organic-compliant natural flavors.

Price: \$5.50 for 10 teabags

**Red Bean Teabags:** Ingredients: dried red beans. Price: \$3 for 5 teabags

**Red Berries:** Ingredients: apple, elderberries, currants, rosehip peels, blackberries, raspberry, artificial flavor, hibiscus, sour cherry. (loose) Price: \$4 per ounce.

**Organic Spearmint (Yerba Buena):** Origin: USA (loose) Price: \$4.25 per ounce.

**Spring in Paris Rooibos:** Ingredients: Rooibos, safflower, cornflower & calendula petals, , natural flavors, nut oil, candy bits (sugar, rice flour, corn starch, arabic & cellulose gum, confectioners glaze, carrageenan, soy lecithin, artificial colors & flavors) (loose) Price: \$3.75 for 1 ounce, \$5.25 for 1.5 oz, \$7 for 2 ounces.

**Strawberry Dream:** Ingredients: organic hibiscus flower, organic apples, orange peels, rose petals, organic rosehips, cardamom pods, malva flower, flavor. (loose) 1 oz. for \$3.75 (approx. 7-8 cups), 1 ½ oz. (approx. 10-12 cups) \$5.65, 2 oz. for \$7.50 (approx. 16 cups).

**Toffee Apple:** Ingredients: Apple pieces, hibiscus, rosehips, natural flavors. (loose) Price: \$4 per ounce.

**Caffeine-Free Children's Teabags in collectible tins:** in flavors kids of all ages will love! Price: \$11 for each individual tin with 15 pyramid teabags.

**Monster Brew:** Ingredients: honeybush, green rooibos, raspberry leaves, orange peels, cocoa nibs, chocolate chips, coconut, apricots, cherries, artificial cherry & orange flavors, strawberries.

**Tea Rex:** Ingredients: honeybush, apples, cocoa nibs, chocolate chips, artificial cherry & chocolate flavors, cherries, raspberries, red safflower petals.

**Organic Tulsi Holy Basil Chai:** Tulsi, or tulasi (also known as Holy Basil), is a variety of basil from India that is used in traditional Ayurvedic medicine for all types of ailments. Organic Ingredients: holy basil, cinnamon chips, ginger root, cardamom pods and seeds, vanilla beans, long pepper, fennel. Price: \$4 per ounce.

**Organic Turmeric Chai:** Organic Ingredients: Organic and fair trade Cinnamon bark, organic Ginger root, organic and fair trade Turmeric root, organic Cardamom, organic Fennel seed, organic and fair trade Cloves, organic and fair trade Black Pepper, organic Cayenne powder (loose) Price: \$4.50 per ounce.

**Turmeric Ginger Rooibos:** Ingredients: rooibos, apple, fenugreek, cardamom, lemon, black pepper, cinnamon, clove, ginger, turmeric, flavor. (loose) Price: \$4.50 per ounce/\$6.75 for 1.5 oz/\$8.75 for 2 oz.

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**Vanilla Lemongrass:** Ingredients: Lemongrass, organic apples, orange peels, raisins, currants, natural flavor. (loose) 1 oz. \$4, 1.5 oz \$5.75, 2 oz. \$7.50.

**White Chocolate Truffle Rooibos:** Ingredients: South African rooibos, white chocolate\*, cacao bean, calendula petals, natural flavors. \*(white chocolate chips ingredients: sugar, cocoa butter, milk powder, butteroil, soy lecithin, vanilla extract.) (loose) Price: \$4 per ounce.

**Winter Palace Fruit Kompot** with Ashwagandha, Traditional ayurvedic uses: adrenal support, relaxation, brain function, anti-cancer properties\*. Ingredients: Dried apples, strawberries, ashwagandha root, elderflower, cornflowers, cranberries, natural flavors. (loose) Price: \$4 per ounce.

#### **MEDICINAL HERBAL TEAS/TISANES\***

Certain herbs have been used by people all over the world for centuries for their alleged medicinal properties. While their medicinal value may not have been proven (or even researched) by modern science, one thing is for sure: they can still be enjoyed for their flavor! **All medicinal herbs are caffeine-free unless otherwise noted.** \*These statements have not been evaluated by the U.S. Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any diseases. Consult your healthcare practitioner prior to using any herbal product.

**Arthritis Relief Herbal Blend:** Ingredients: turmeric root, fennel, bamboo leaves, orange peel, elder flowers, linden flowers, cardamom, dandelion leaves, burdock root, natural flavors. Price: \$4.25 for 1 ounce, \$6.25 for 1.5 ounces, \$8.25 for 2 ounces.

**NEW! Organic Bladder Support Herbal Blend:** Organic Ingredients: cleavers herb, shavegrass herb, couchgrass root, corn silk, juniper berry. (loose) Price: \$4.50 per ounce.

**Organic Blue Vervain:** Price: \$3.50 per ounce.

**Organic Calendula Petals:** Grown in Egypt. (loose) Price: \$4 per ounce.

**Chamomile Tea Bags:** Price: 10 teabags for \$3.25

**Organic Egyptian Chamomile:** Price: \$3.25 for ¾ ounce, \$6.50 for 1 ½ ounce.

**Organic Change of Life Herbal Blend for Menopause and Hot Flashes** (blended by The Tea Mistress)  
Organic Ingredients: motherwort, nettle leaf, dandelion leaf, sage, violet leaves, lemon balm, chickweed, vitex berries, mugwort, elder flowers, horsetail, oatstraw. Caffeine-free. (loose) Price: \$5 per ounce.

**Cherry Evolution for weight loss, adrenal support, reducing “brain fog” and symptoms of diabetes. Hand-blended by Tea Mistress Alexandria.** Ingredients: moringa leaves, strawberry leaves, dried orange, cinnamon,



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dandelion leaves, safflower petals, dried apples, cherries, strawberries, ashwagandha root, elderflower, cornflowers, cranberries, natural cherry and orange flavors. (loose) Price: \$5 per ounce.

**Circle of Life** (*sleep, immune & digestive aid\**) Ingredients: cinnamon, apple, rooibos, ginger, raspberry leaves, fennel seed, chamomile, cardamom pods, clove, orange peel, black pepper, juniper berries, dandelion, flavor. (loose) Price: \$4 for 1 ounce, \$6 for 1.5 ounces, \$8 for 2 ounces.

**Organic Cramp Bark**: Sourced from Croatia. (loose) Price: \$4.50 per ounce.

**Cranberry Echinacea (loose tea and teabags)**: *Immune support for cold and flu season.* \* Ingredients: Echinacea, strawberry leaves, blackberry leaves, tulsi holy basil, chamomile, safflower petals, cranberries, natural flavors. Price: (loose) \$4/ounce. (teabags): \$3.25 for 10 teabags.

**Organic Damiana Leaf**: Price: \$3.50 per ounce

**Dandelion Leaf**: from Provence, France. Traditional folk medicine uses\* - anti-inflammatory, antiseptic, weight loss, diuretic. (loose) Price: \$3.50 per ounce.

**BACK IN STOCK: Organic Dandelion Leaf**: *Grown in USA.* Traditional folk medicine uses\* - anti-inflammatory, antiseptic, weight loss, diuretic, kidney stone prevention, liver detox, digestive aid, cholesterol reduction. Warning: if you are allergic to ragweed, you may have an allergic reaction to dandelion. (loose) Price: \$4 per ounce.

**Echinacea & Roots Immune Support Blend**: A must for cold and flu season, this herbal blend contains several herbs reputed to have anti-viral and anti-bacterial properties.\* Ingredients: Pau d'Arco bark, organic Echinacea purpurea root, organic dandelion root, organic cinnamon chips, organic burdock root, sassafras bark, organic ginger root, organic stevia leaf. *Caffeine-free and certified Kosher.* (loose) Price: \$4.50 per ounce.

**Organic Elder Flowers**: Traditional folk medicine for colds and coughs, sinus infections, antiseptic, anti-inflammatory, lowers blood sugar. Price: \$3.50 per ounce.

**Energy Mate Teabags**: **CONTAINS CAFFEINE!** Ingredients: Green mate, Lemongrass + Spearmint leaves, Gingko + Ginseng + Nettle pieces, Calendula + Cornflower + Sunflower petals. (teabags) Price: \$3.25 for 5 bags, \$6 for 10 bags.

**ESSENTIEL DE LAVANDE (LAVENDER ESSENTIALS)**- Organic Herbal Tea from France.

**Relaxing & Soothing Infusion**: Ingredients: Organic French lavender, thyme, verbena.

**Digestive Infusion**: Ingredients: Organic French lavender and rosemary.

Price: \$11 for 10 teabags, \$6 for 5 teabags.



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**Organic Essiac Blend:** *Origin: USA.* This special herbal formula was created by Canadian nurse Renee Caisse for her cancer patients. **DISCLAIMER:** *These statements have not been evaluated by the U.S. Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any diseases. Consult your healthcare practitioner prior to using any herbal product. Not recommended for people with chronic diarrhea or a history of kidney stones.* Organic ingredients: burdock root, sheep sorrel, slippery elm bark, turkey rhubarb root. (loose) Price: \$16 for 4-ounce package (2-week supply).

**Organic Fertili-Tea:** Organic Ingredients: spearmint leaf, lemon balm, nettle leaf, dandelion leaf, raspberry leaf, oatstraw, alfalfa leaf, ginger root, lemon peel. **CAUTION:** Avoid raspberry leaf during first trimester of pregnancy if you have a history of miscarriage. *Caffeine-free and certified Kosher.* (loose) Price: \$4.50 per ounce.

**Organic Feverfew:** (loose) Price: \$4 per ounce

**Organic Forests Blend:** Organic ingredients: cinnamon bark, fennel seed, licorice root, orange peel, elecampane root, echinacea purpurea, marshmallow root, white oak bark. *Caffeine-free and certified Kosher.* (loose) \$4.50 for 1 oz, \$6.50 for 1.5 oz, \$8.50 for 2 ounces.

**Organic French Evening: A Tea Mistress Original Blend!** Organic ingredients: spearmint, linden, rose petals, lemon verbena. Price: (loose): \$5 per ounce.

**Ginger Pieces:** *Origin: Thailand* (loose) Price: \$4.50 for 1 oz, \$6.50 for 1.5 oz, \$8.50 for 2 ounces.

**Organic Ginkgo Leaf:** Traditional uses: *memory/brain function\**. *Country of Origin: France* (loose) Price: \$4 per ounce.

**Go for the Throat, a Tea Mistress Organic Herbal Blend.** Organic Ingredients: Organic Licorice root, organic Marshmallow root, organic Echinacea purpurea root, organic hyssop, organic slippery elm bark, organic elder flowers, organic Orange peel, organic Cassia Cinnamon bark, organic Ginger root, organic Fennel seed, organic Cloves. (loose) Price: \$5 per ounce.

**PRECAUTIONS:** *Not for use in pregnancy except under the supervision of a qualified healthcare practitioner. Not for use in persons with hypertension, liver disorders, edema, severe kidney insufficiency, low blood potassium, or heart disease. Persons with allergies to members of the Asteraceae family should exercise caution with echinacea, due to the presence of echinacea pollen. Marshmallow root and slippery elm should be taken with at least 250ml (8 oz) of liquid. Orally administered drugs should be taken 1 hour before use or several hours after, as marshmallow and slippery elm may slow the absorption.*

**Golden Glow:** *For healthy skin, anti-inflammatory\** Ingredients: Ginger, turmeric, dried carrots, beets, pineapple, calendula petals, natural flavors.

Price: (loose) \$4.25 for 1 ounce, \$6 for 1.5 oz, \$8 for 2 oz.

**NEW!** **Golden Glow Teabags:** Price: \$4.50 for 10 teabags.



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**Goodnight:** Ingredients: Valerian root, passion flower, lemon balm, fennel seed, peppermint, anise, rosemary, rose hips, marigold. Caution: not recommended for long-term use or by pregnant or nursing women. (loose) Price: 1 oz \$5; 1.5 oz \$7.25, 2 oz \$9.50. **WARNING:** *Do not take valerian for more than 2 weeks straight without a 4-day break. Prolonged regular use of valerian root may cause liver stress.*

**Wildcrafted Gotu Kola:** Traditional uses: energy booster, memory/brain function, aphrodisiac. Country of origin: India. (loose) Price: \$4.50 per ounce.

**Organic Healthy Heart Tea:** Organic Ingredients: hawthorn leaf & flower, lemon balm, rosehips, dandelion leaf, ginkgo leaf, oatstraw, bilberry fruit, hawthorn berries, ginger root, lemon peel, motherwort, meadowsweet flower. *Caffeine-free and certified Kosher.* (loose) Price: \$5 for 1 ounce, \$6.50 for 1.5 ounces, \$8 for 2 ounces.

**Hangover Helper:** Ingredients: Tomato & ginger & beet pieces, hibiscus, cardamom, black & white pepper, cinnamon, clove, nutmeg. (loose) Price: \$3.75 for 1 ounce, \$5.25 for 1.5 ounces, \$7 for 2 ounces.

**Headache Be Gone! A Tea Mistress Organic Herbal Blend.** Organic Ingredients: feverfew, chamomile, passionflower, meadowsweet, peppermint, lemon balm, linden, white willow bark, coriander. (loose) Price: \$5 per ounce. Caution: *Do not use feverfew if allergic to ragweed. Do not use meadowsweet or white willow bark if you are allergic to salicylate or aspirin. Do not administer to children or teens who have a viral infection.*

**Organic Healthy Man Tea:** Organic Ingredients: dandelion root, eleuthero root, burdock root, marshmallow root, hawthorn berries, fennel seed, nettle root, oatstraw, saw palmetto berries, stevia leaf. *Caffeine-free and certified Kosher.* (loose) Price: \$3.50 per ounce.

**Organic Hyssop:** Grown in Italy (loose) From Drugs.com, hyssop has been used as a folk remedy for “sore throats, colds, hoarseness, and as an expectorant. Some herbalists also believe that hyssop has beneficial effects for asthma, urinary tract inflammation, and appetite stimulation. Its effectiveness in relieving gas and colic also are listed under its medicinal uses. None of these uses have been studied clinically.” Price: \$4.25 for 1 ounce, \$6 for 1.5 oz.

**Immuni-Tea, a Tea Mistress Blend.** Ingredients: Organic Echinacea Purpurea Leaves, Elderflower, thyme, anise, fennel, organic rosehips, licorice root, blackberry leaves, valerian root. (loose) Price: \$5 per ounce.

**NEW! Jetlag Asleep! Teabags:** *Originally blended by our supplier for their salesperson to use on international business trips, it worked so well that they have released it commercially!* Ingredients: South African Rooibos, Chamomile, Natural Toffee and Cream Flavors. Price: 10 teabags for \$5.

**Organic Joint Support Herbal Blend:** Organic Ingredients: devil’s claw root, burdock root, dandelion root, licorice root, turmeric root, cinnamon, orange peel, peppermint leaf. (loose) Price: \$4 per ounce.



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**La La Lavender** *For sleep, relaxation, digestion.* Ingredients: Lavender, Jasmine Pearls, Rosebuds, Chamomile. (loose). Price: \$4.25 per ounce.

**Organic Lemon Balm**, also known as Melissa Officinalis. Price \$3.50 per ounce.

**Organic Licorice Root Slices** from China. *Caffeine-free and certified Kosher.* Caution: avoid use if you are pregnant, have hypertension, liver disorders, edema, severe kidney issues, low blood potassium, heart disease. Price: \$3 per ounce.

**Organic Linden Leaf and Flower (Tilo, Tilleuil):** *Source: Bulgaria. Caffeine-free and certified Kosher.* (loose) Price: \$3.50 per ounce.

**Organic Liver De-Stress Tea:** Organic Ingredients: burdock root, dandelion root, Oregon grape root, eleuthero root, yellow dock root, milk thistle seed. *Caffeine-free and certified Kosher.* (loose) Price: \$4.75 for 1 ounce, \$6.75 for 1.5 oz, \$9 for 2 oz.

**Lose the Blues Organic Herbal Blend:** *Caffeine-free and certified Kosher.* Organic Ingredients: St. John's wort, damiana, spearmint leaf, valerian root, a pinch of stevia leaf. (loose) Price: \$4.50 per ounce.

**Organic Marshmallow Leaf:** Grown in USA. *Caffeine-free and certified Kosher.* (loose) Price: \$3 per half-ounce.

**Organic Meadowsweet (Queen of the Meadow):** (loose) Price: \$4 per ounce

**Memory Boost, A Tea Mistress Herbal Blend:** **CONTAINS CAFFEINE!** Ingredients: rosehips, bilberry leaves, rosemary, ginkgo leaves, organic gotu kola, green mate, tulsi leaves, orange peel, natural orange flavor. *Caffeine Level: low.* (loose) Price: \$4.50 per ounce.

**Mindful Moringa:** *Traditional medicinal uses: boosting brain activity, antioxidant, catalyst for absorption of vitamins\** Ingredients: moringa leaves, strawberry leaves, dried orange, cinnamon, dandelion leaves, safflower petals, natural flavors. (loose) Price: \$3.50 per ounce.

**Organic Moon Ease:** Organic ingredients: spearmint, vitex berries, cramp bark, skullcap, marshmallow root, passionflower, ginger root. *Caffeine-free and certified Kosher.* (loose) Price: \$4 per ounce.

**Organic Mullein:** (herb traditionally used for respiratory health): Price: \$4 per ounce.

**Not Just Another Turmeric Ginger Tea:** **CONTAINS CAFFEINE!** Antioxidant & anti-inflammatory; brain, nerve & digestive aid\* Ingredients: green & black tea, bael nut, ginger, turmeric, cornflower petals, natural flavors. (loose) **TEMPORARILY OUT OF STOCK**



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**Organic Nursing Mom Tea:** (herbal blend for nursing mothers)\* Organic ingredients: Red rooibos, raspberry leaf, lemon balm (melissa), fenugreek seed, fennel seed, marshmallow root, anise seed. *Caffeine-free and certified Kosher.* (loose) Price: \$4 per ounce.

**Organic Oatstraw:** Organic ingredient: Oatstraw grown in USA. Traditional medicinal uses: nutritive, nervine, anti-depressant & anti-anxiety, restorative, brain booster, tonic. Rich in calcium, potassium, iron, vitamin A, vitamin C, dietary fiber and antioxidants. (loose) Price: \$3.75 per ounce

**Organic Passionflower:** Price: \$3.25 per ounce.

**Organic Pregnancy-Tea:** Organic Ingredients: spearmint leaf, lemon balm, nettle leaf, dandelion leaf, raspberry leaf, oatstraw, alfalfa leaf, ginger root, lemon peel. **CAUTION:** Avoid raspberry leaf during first trimester if you have a history of miscarriage. *Caffeine-free and certified Kosher.* (loose) Price: \$4.50 per ounce.

**Organic Quiet Child Herbal Tea:** A relaxation and sleep herbal blend mild enough for kids but tasty enough for all ages. Organic Ingredients: spearmint, catnip, skullcap, chamomile, raspberry leaf, calendula, pinch of stevia leaf. (loose) Price: \$4.50 per ounce.

**Organic Rhodiola Root:** Price: \$4 per ounce.

**NEW! The Sage Lion Organic Herbal Blend:** Traditional Medicinal Uses: cooling, menopause symptoms, flatulence, digestion, heartburn, diarrhea, hypothyroid, heart irregularities, stress & anxiety.\* *Caution: do not drink during pregnancy!* Organic Ingredients: motherwort (lion's tail), sage leaf, dandelion leaf, chickweed, elder flowers, lemon balm, oatstraw, raspberry leaf. (loose) Price: \$4.25 per ounce.

**Wild-Harvested Sassafras Bark:** *Caffeine-free. Wild-harvested in USA.* Caution: do not use if pregnant or nursing! Do not use for more than 1 week at a time! (loose) Price: \$5 for 1 ounce, \$7.25 for 1.5 ounces, \$9.50 for 2 ounces.

**Organic Seasonal Allergy Tea:** Organic Ingredients: nettle leaf, fennel seed, lemongrass, spearmint, bee pollen, calendula flowers, peppermint, red clover blossoms & leaves, lavender flowers, blue vervain, stevia leaf. *Caffeine-free and certified Kosher.* (loose) Price: \$5 per ounce.

**Shaman's Secret for Sex and Sleep:** Ingredients: rooibos, fennel, valerian, orange, damiana, mint, jasmine, turmeric, pumpkin pie spice, chamomile, tulsi. Price: \$3 per ounce. *Warning: Do not consume valerian for more than 2 weeks straight.*

**Organic Slippery Elm Bark:** *Caffeine-free and certified Kosher.* Price: \$4.50 per ounce. **WARNINGS:** Take with at least 6 ounces of liquid. Other drugs should be taken 1 hour prior to, or 4 hours after consumption of



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*slippery elm. The mucilage may slow absorption of orally administered drugs. Precautions: Slippery Elm should be taken with at least 250ml (8 oz) of liquid. Other drugs should be taken 1 hour prior to or several hours after consumption of slippery elm. The mucilage may slow the absorption of orally administered drugs.*

**Stomach Soothing Organic Herbal Blend:** A mild herbal blend to aid digestion and stomach upset. Organic Ingredients: catnip, spearmint, lemongrass, calendula, skullcap, rosemary, sage, fennel. (loose) Price: \$5 per ounce.

**Tea-Tox Herbal Blend:** A mild yet effective detox\* tisane with a pleasant taste. Ingredients: blackberry leaves, moringa, rosehips, alfalfa, nettle leaf, juniper berries, licorice root, jasmine, sage. (loose) Price: \$4.50 per ounce.

**Organic Uva Ursi:** (*traditionally used for urinary tract disorders and bronchitis\**) Imported from Bosnia. Price: \$4 per ounce.

**Winter Palace Fruit Kompot** with Ashwagandha, *Traditional ayurvedic uses: adrenal support, relaxation, brain function, anti-cancer properties\**. Ingredients: Dried apples, strawberries, ashwagandha root, elderflower, cornflowers, cranberries, natural flavors. (loose) Price: \$4.25 for 1 ounce, \$6 for 1.5 oz, \$8 for 2 oz.

**Organic Women's Balancing Tea:** Organic Ingredients: peppermint, nettle leaf, raspberry leaf, ginger root, dandelion leaf, oatstraw, horsetail, chamomile, rose petals, stevia leaf. *Caffeine-free and certified Kosher.* (loose) Price: \$5 per ounce.

**Organic Wormwood** (ajenjo): (loose) Price: \$3.50 per ounce.

#### **ICED TEA POUCHES:**

*You asked for it, we've got it! Southerners know that there's nothing more refreshing on a hot day than a nice cold glass of iced tea! It's good any time of year though, and it's great with a meal. These convenient pouches make a quart or a gallon of iced tea via the traditional or cold brew method.*

**Organic Black Iced Tea Pouches:** *Caffeine: Medium-High.* Ingredient: Organic black tea. Price: \$3.50 per one-gallon pouch.

**Organic Bella Coola Iced Fruit Tea Pouches.** *Caffeine-free.* Organic Ingredients: Apple + Rosehip + Chicory root + Orange pieces, Blackberry leaves, Hibiscus petals, Natural pineapple and orange flavor. Just one pouch of makes 1 gallon of iced tea! Price: \$4 for 1 pouch, \$3 for each additional.

**Organic Berry Berry Iced Fruit Tea Pouches.** *Caffeine-free.* Organic Ingredients: Hibiscus petals, Apple + Elderberry + Strawberry pieces, Blackberry leaves, Natural flavors. Just one pouch of makes 1 gallon of iced tea! Price: \$4 for 1 pouch, \$3 for each additional.



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**Cucumber Melon Green Iced Tea Pouches:** *Caffeine: Medium.* Ingredients: Green Tea, Cucumber, Cornflowers, Natural Flavors. Price: \$4 for 1 pouch, \$3 for each additional.

**Darjeeling Mint Iced Tea Pouches:** *Caffeine: Medium* Ingredients: Darjeeling green tea, peppermint. One pouch makes 1 gallon of tea. *Caffeine level: medium.* Price: \$4 for 1 pouch, \$3 for each additional

**Organic Hibiscus Revive Gallon Iced Tea Bags:** *Caffeine-free.* Ingredient: Organic hibiscus petals. One pouch makes 1 gallon of iced tea! Price: \$4 for 1 pouch, \$3 for each additional

**Kiwi Strawberry Herbal Iced Tea Pouches:** *Caffeine-free.* One pouch makes 1 gallon of iced tea!  
Ingredients: Apple + Rosehip + Strawberry pieces, Hibiscus petals, Natural flavors. Price: \$4 for 1 pouch, \$3 for each additional

**Organic Lemon Green Antioxidant Gallon Iced Tea Bags:** *Caffeine: Medium.* Organic Ingredients: Green tea from Kenya, dried lemon pieces. One pouch of makes 1 gallon of iced tea! Price: \$3 per individual tea pouch.

**Organic Mango Black Iced Tea Pouches:** *Caffeine: Medium-High.* One pouch of makes 1 gallon of iced tea!  
Ingredients: Organic black tea, natural flavors. Price: \$4 for 1 pouch, \$3 for each additional.

**Pirate's Pleasure Rum Raisin Black Iced Tea Pouches, A Tea Mistress Blend:** (*Caffeine: Medium*)  
Ingredients: Ceylon Black tea, rooibos, hibiscus, raisins, currants, golden berries, cocoa nibs, rosehips, coconut, allspice, natural flavors. Price: 2-pack for \$3.25; 3-pack for \$4.50

**Raspberry Black Iced Tea Pouches:** *Caffeine: Medium-High.* One pouch makes 1 gallon of iced tea!  
*Caffeine Level: Medium/High.* Ingredients: Black tea, natural raspberry flavor, raspberries, raspberry leaves.  
Price: \$4 for 1 pouch, \$3 for each additional.

**Strawberry Lemon Hibiscus Herbal Iced Tea Pouches:** *Caffeine-free.* One pouch makes 1 gallon of iced tea! Price: \$4 for 1 pouch, \$3 for each additional.

**NEW! Turmeric Ginger Peach Black Iced Tea Pouches:** *Caffeine: Medium-High.* Ingredients: Black tea, turmeric, ginger, calendula, natural flavors. (loose) Price: \$4 for 1 pouch, \$3 for each additional.

**Vanilla Rooibos Iced Tea Pouches:** *Caffeine-free.* One pouch makes 1 quart of iced tea! Ingredients: South African rooibos, vanilla flavor. Price: 2-pack for \$3.50; 4-pack for \$6.50, 8-pack for \$13.

**Vanilla Cream Earl Grey Iced Tea Pouches:** *Caffeine: Medium-High.* Ingredients: Black Tea, Cornflowers, Natural Flavors. Price: \$4 for 1 pouch, \$3 for each additional.