



Factsheet

Daily Boosting Rosemary Mate™

Natural therapies have a wide range of potential applications. They can assist the immune system, other systems, or the body's own natural healing processes. Additionally, they may contain some of the necessary lipids, vitamins, minerals, and amino acids. One of the many thousands of "non-essential but beneficial nutrients" can also come from them. These nutrients, such as bioflavonoids, antioxidants, and other nutritional categories, are frequently discussed.

Herbs, vitamins, and foods that may support bodily health are examples of natural cures. For instance, antioxidants are now thought to be essential for reducing oxidative damage, one of the body's primary drivers of aging.

We feel it is our moral duty to inform you of these, even though we cannot legally advertise this. This download provides you with generic clinical information about the individual ingredients and of the blend. This is contained in this download, available only to those who choose to buy and use the product. In this way, we also comply with other legislation, such as Natasha's Law.

Certain natural medicines not only assist the body stay healthy under specific conditions, but they can also aid in the resolution of health issues. We recommend speaking with a licensed natural health professional, such as a medical herbalist, for the finest guidance in this area. We regretfully have less information that we can legally advertise on several uses of natural remedies due to recent changes in UK law, but by downloading this

Benefits:

Refreshing and invigorating: The peppermint and yerba mate in this tea blend give it a refreshing and invigorating flavour that is perfect for a morning pick-me-up or an afternoon boost.

Digestive support: The nettle in this tea blend is known for its digestive support properties. It can help to reduce bloating, gas, and indigestion.

Improved mood and energy levels: The combination of yerba mate, peppermint, and nettle in this tea blend can help to improve mood and energy levels. Yerba Mate contains caffeine, which can help improve alertness and energy. Peppermint and nettle have also been shown to improve mood and reduce fatigue.

Enhanced cognitive function and focus: The combination of yerba mate, rosemary, and peppermint in this tea blend can help to enhance cognitive function and focus. Yerba mate contains compounds that have been shown to improve memory, concentration, and reaction time. Peppermint and nettle have also been shown to improve cognitive function and reduce brain fog.

Reduced stress and anxiety: The calming and relaxing properties of peppermint and nettle can help to reduce stress and anxiety. Additionally, yerba mate has been shown to reduce stress and improve mood.

Boosted immunity: Yerba mate is a good source of antioxidants, which can help boost the immune system. Peppermint and nettle also have antioxidant properties.

Reduced inflammation: Yerba Mate, peppermint, and nettle all have anti-inflammatory properties. This means that they can help reduce inflammation throughout the body.

Uses:

T'n'T Teas® Daily Boosting Mint Yerba Mate™ can be enjoyed hot or cold and is a great way to start your day off right or to enjoy a refreshing pick-me-up throughout the day. It can also be used to make iced tea or iced lattes.

Possible Side Effects:

This tea blend is generally well-tolerated, but there are a few potential side effects to be aware of:

Yerba mate: Yerba mate contains caffeine, which can cause side effects such as insomnia, upset stomach, increased heart rate, and others. Additionally, yerba mate can interact with certain medications, such as blood pressure medications and diuretics. Pregnant and breastfeeding women should avoid yerba mate.

Drinking large amounts of yerba mate (1-2 litres daily) for a long time increases the risk of some types of cancer. This risk is especially high for people who smoke or drink alcohol. Consuming more than 10 cups daily might also increase the risk of serious caffeine-related side effects.

Avoid consuming more than 300 mg of caffeine daily (about 6 cups of yerba mate) when pregnant. High doses of caffeine have been linked with miscarriage, premature delivery, and low birth weight. Also, the caffeine in yerba mate might cause irritability and increased bowel movements in nursing infants.

Caffeine might slow clotting. The caffeine in yerba mate might make bleeding disorders worse, can cause irregular heartbeats in certain people and might affect blood sugar. The caffeine could also cause diarrhoea, cause seizures or decrease the effects of drugs used to prevent seizures and increase blood pressure.

Peppermint: Peppermint may interact with certain medications, such as blood pressure medications and heartburn medications. Additionally, pregnant and breastfeeding women should talk to their doctor before consuming peppermint.

Peppermint leaf is possibly safe when taken for up to 8 weeks. Peppermint can cause some side effects including heartburn, dry mouth, nausea, and vomiting.

Nettle: Nettle may interact with diuretics and lithium. Nettle is likely unsafe to take during pregnancy. It might stimulate uterine contractions and cause a miscarriage.

Nettle is possibly safe when used for up to 1 year. It might cause diarrhoea, constipation, and upset stomach in some people. It might lower blood sugar levels.

Allergens:

This tea blend is naturally free of common allergens, but it is always important to check the ingredient list for specific concerns.

Contraindications:

Avoid this tea blend if you have known allergies to any of the listed ingredients. Consult your healthcare provider if pregnant, nursing, or have specific health conditions, especially heart conditions.

Taking caffeine with ephedrine might cause too much stimulation and sometimes serious side effects and heart problems.

Some antibiotics and cimetidine can decrease how quickly the body breaks down caffeine. Taking these drugs along with caffeine might increase the risk of side effects including jitteriness, headache, and increased heart rate.

Oestrogens can decrease how quickly the body breaks down caffeine in Yerba mate. Some medications are changed and broken down by the liver. Yerba mate might change how quickly the liver breaks down these medications

There is some concern that caffeine can interact with certain medications, called MAOIs. If caffeine is taken with these medications, it might increase the risk for serious side effects including fast heartbeat and very high blood pressure.

The above ground parts of nettle contains large amounts of vitamin K. Vitamin K is used by the body to help blood clot. By helping the blood clot, stinging nettle might decrease the effects of warfarin.

It might have an effect like a water pill or "diuretic." Taking nettle might decrease how well the body gets rid of lithium and potassium.

Some medications are changed and broken down by the liver. Peppermint might change how quickly the liver breaks down these medications.

Enjoy the delicious taste and many health benefits of **T'n'T Teas® Daily Boosting Mint Mate™** today!

Disclaimer

This information is provided for educational and informational purposes. It is not provided to diagnose, treat, cure, or prevent any disease. Legally, we are unable to make these claims directly, but we urge you to review the clinical references we list on this site and conduct your own research. These products are intended for dietary supplement purposes only. Whilst we are professional herbalists, and every care has been taken to provide accurate and up-to-date information, as a consumer, you should always consult your healthcare professional before consumption, especially if you are pregnant, nursing, have a medical condition or are taking medications.

Clinical Evidence

Clinical evidence of the ingredients found in this product. These are public domain references and do not relate directly to our product.

[Nettle](#) | [Peppermint](#) | [Yerba Mate](#)

Nettle

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Peppermint

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