

**UK Product Name** Sniffle Free Tea **Code Name** MA1785  
**Availability** Stock item in UK

**Description** A minty tea that helps the body to resist cold weather and maintain fluid balance.  
 Maintain respiratory health  
 Sniffle Free herbal tea is a delicious blend formulated to help keep your body in balance whatever the environmental challenges. You'll enjoy the minty flavour any time of day!

- Liquorice contributes the sweet taste, useful for pacifying both Vata and Pitta.
- Cardamom is a tridoshic spice (good for balancing all three doshas).
- Hyssop and Malabar Nut help maintain normal fluid and mucus balance.
- Peppermint, Spearmint, Ginger and Cinnamon help keep the upper respiratory tract clear.
- Holy Basil, Liquorice and Marshmallow support the long-term health of the respiratory tract.

## Ingredients

Botanical Name	Common Name	Plant Part	Rank	%	Quantity(mg/teabag)
Ocimum sanctum Linn.	Holy Basil	leaf	1	20	340.0
Mentha spicata	Spearmint	leaf	1	20	340.0
Mentha piperita	Peppermint	leaf	1	20	340.0
Hemidesmus indicus (Linn) R	Indian Sarsaparilla	root	4	10	170.0
Glycyrrhiza glabra Linn.	Liquorice	root	5	7	119.0
Hyssopus officinalis Linn.	Hyssop	whole plant	6	5	85.0
Cinnamomum zeylanicum Bl	Cinnamon	bark	6	5	85.0
Althaea officinalis	Marsh Mallow	root	6	5	85.0
Adhatoda vasica Nees.	Malabar Nut	leaf	6	5	85.0
Zingiber officinale Rosc.	Ginger	rhizome	10	3	51.0

**Contraindications/Precautions** None

**Over dose and its Management** An intake of 2-3 times more than the recommended dose is generally well tolerated. In case of intake more than this, skip the next dose. In case of discomfort consult your health advisor.

**Side Effects and Interactions** None known

## Usage

**Age Group** All  
**Dosage Form** 1.7g teabags  
**Method of Use** Infuse the teabag for 5-7 minutes in boiled water. One bag makes on cup of tea. Add milk and sugar to taste. Take 2-3 cups of tea daily.  
**How Long to Continue Use?** As desired  
**Specific Dietary/Lifestyle Advice**

## Presentation

**Presentation** 20 wrapped and tagged teabags in a cardboard box.  
**Net Weight grams** 34  
**Storage** Store in a cool, dry, dark place, tightly closed  
**Shelf Life (months)** 24

**Regulatory Status** Food Supplement