

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