



Apothecari and Teas offers fully organic, hand-crafted blends designed to nourish body and mind with the healing power of plants. Teas that are rooted in tradition and ancient wisdom... Sip your way to wellness.

\$4.5 PER CUP; \$12 PER POT

HERBAL TEA

Chamomile
Hibiscus
Indian Spice Chai
Peppermint

BLACK TEA

Chai
Earl Grey
Irish Breakfast
China Black
Ceylon (decaf)

WHITE & GREEN TEA

White Peony Passionfruit Green China Green

AFTER DINNERMINT

This minty herbal tea is great after a heavy meal or anytime, and can be soothing to an upset stomach (chamomile, peppermint, spearmint, lemon balm, marsh mallow root, ginger, vanilla).

BREATHE EASY

Allergies, asthma, bronchial congestion? Try a cup of this herbal tea with power of ancient medicine. Natural antihistamines and congestion reducers...suggested with our local raw honey (catnip, astragalus, stinging nettle, hyssop, ginkgo, lemon balm, feverfew, marsh mallow root, mullein, elder berry, peppermint).

CACAO MINT MATE

This herbal tea energizes with yerba mate's natural caffeine by boosting metabolism, slowing the aging process, fighting against free radicals, & supports heart health (yerba mate, peppermint, spearmint, cacao, vanilla)

ENDURANCE

The perfect sweet and fruity tea to drink before and after a long run or workout, try it hot or cold (great defender, hibiscus, green tea, licorice root, lemon peel).

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FOUNTAIN OF YOUTH

Rich in antioxidants and vitamins A and C to support skin health, this vibrant tea also nurtures the liver and kidneys with cleansing botanicals. (white tea, green tea, hibiscus, rose hips, lavender, dandelion root, milk thistle, hawthorn berries, calendula, elderberry).

GLOW & FLOW

this adaptogenic and antioxidant-rich blend is a vibrant, fruity herbal infusion that supports circulation, mood, and digestive clarity with every sip (lemon myrtle, hibiscus, schisandra, lavender, orange peel, holy basil, red clover)

GREAT DEFENDER

This ginger-lemonade fusion delivers a lively kick while giving your immune system a natural boost. Served cold on ice (ginger, lemon, cinnamon, cayenne, raw honey)

IMMUNITEA

Pump up your immune system up with the power of herbs, perfect for the onset of a cold or after an intense workout or run (great defender, echinacea, rose hips, licorice, astragalus, marsh mallow, elderberry, catnip)

LADY GREEN

A bright twist on Lady Grey, this green tea blend sparkles with sun-kissed citrus. (green tea, lemon myrtle, bergamot, orange, lemon)

LEMON DROP

Heart tonic, antioxidant, and flavor in one in this bright herbal tea (hibiscus, lemon verbena, lemon grass, lemon peel, lemon oil, hawthorn)

LITTLE SISTER'S BLEND

Vibrant blend of green tea and herbs for a nourishing experience packed with EGCG, antioxidants, & essential vitamins for radiant skin and cellular health. (passion fruit green tea, hibiscus, lavender, lemon balm)

MOROCCAN RETREAT

Discover the restorative power of Moroccan Mint—this vibrant, antioxidant rich tea offers a perfect balance of invigoration and calm, supporting wellness from the inside out. (peppermint, spearmint, green tea, spearmint essential oils)

SERENITEA

A soothing herbal tea that eases stress, soothes digestion, and supports restful sleep (chamomile, peppermint, spearmint, lavender, lemon balm)

STRESS LESS

This calming herbal blend supports the nervous system and promotes a sense of emotional balance. Take some home and drink before bedtime (Valerian root, st. John's wort, lemon balm, licorice root, passionflower, cinnamon, allspice, lemongrass)

WALK IN THE EARLS GARDEN

Light and floral, like a walk through an English garden...using our house made Earl Grey (earl grey, calendula, rose petals, rose hips, lavender, red clover, lemon grass, lemon verbena)

WINTER HARVEST

the warm goodness of spiced winter in a cup! Cozy in a cup! (assam tea, vanilla extract, cinnamon, ginger, nutmeg, clove)

**** ALL TEAS SHARE CROSS CONTAMINATION WITH ALL INGREDIENTS LISTED****

** Please consult a physician if you are pregnant, nursing, or on medication prior to consumption.

HERB INDEX

ASTRAGALUS

good for viral & upper respiratory infections, common cold, and as an adjunct to cancer therapies; can help to restore the activity of a suppressed immune system; strengthen the immune system over time,

CALENDULA

flower petals of the marigold have been used in treatments for healing the skin: cuts, bruises, acne, etc. This herb has anti-inflammatory, anti-fungal, anti-bacterial, & astringent properties.

CACAO

with 3 times the antioxidants of green tea, this useful li le bean can aid in depression, cardiovascular health, weight loss, and also boost energy.

CATNIP

fun for cats, relaxing for humans. This herb can aid in insomnia, anxiety, stress, stomach aches and cramps as well.
*should not be taken with lithium.

CAYENNE PEPPER

increases blood flow (great for circulation, arthritic joints, and muscle pain); boosts metabolism, helps body to burn more fat; said to reduce cholesterol (capsaicin) & lower chance of heart disease; thins mucus membrane (great for sinusitis, asthma, bronchitis); enhances white blood cell functioning; antiseptic (good for cold sores).

CHAMOMILE

sedative, gentle and soothing; antispasmodic used to calm muscles and nerves; used for anxiety and stress; bi er principles aid in digestion and stomach nausea; antibacterial and anti-inflammatory

DANDELION ROOT

detox for skin, liver and digestive system; diuretic that doesn't rob body of potassium; may aid in weight loss; may control blood sugar levels; anti-rheumatic; mild laxative.

ECHINACEA

immune boosting (phytochemical); great for cough, cold, and flu; mild anti-biotic, antiviral, antiseptic, and antifungal (good for cold sores, boils, ulcers, etc.).

ELDERBERRY

immune boosting (vit A, B, and C); great for cough, cold, and flu; diuretic and laxative; antioxidants to lower cholesterol & improve heart health; anti-inflammatory (good for urinary tract infections).

FEVERFEW

this herb is used long term in the treatment for preventing migraines (analgesic). It has also been used for arthritis (anti-inflammatory, COX-2 inhibitor) as well as asthma and allergy relief (antihistamine).

GINGER ROOT

improves circulation; raises body temperature (reduces cramps, eliminate toxins); thins blood, lowers cholesterol, and blood pressure; aids in nausea (antispasmodic); anti-inflammatory (arthritis, headaches, toothaches, tendonitis); digestive aid after meals (indigestion, flatulence, heartburn, etc).

GINKGO

this well-known herb is wonderful for all over body health. Full of antioxidants that help prevent against free radicals and natural antihistamines for allergies and asthma. This herb can lower blood pressure (vasodilator) and can also aid in blood circulation, which supports heart health and oxygen flow to the brain for improved cognitive processes.

HOLY BASIL (RAMA)

a calming adaptogen & nervine that balances the stress response, soothes the nervous system, & supports respiratory & immune function; rich in volatile oils, acids, and flavonoids, giving it anti-inflammatory, antimicrobial, & antioxidant actions

HAWTHORN BERRY

this herb has been renowned for its heart tonic properties. As with all herbs that naturally dilate the arteries, Hawthorn aids in blood circulation which is important for the heart, brain, and entire body.

HIBISCUS FLOWER

high in vit C; natural source of hydroxycitric acid (hydroxycut) which may aid in weight loss; mild diuretic and laxative; may lower blood pressure

HYSSOP

known as the Holy Herb by ancient Greeks, this herb has been used to treat respiratory conditions such as bronchitis, lingering congestions (expectorant), and asthma (antispasmodic).

LAVENDER

antiseptic and antibacterial (fights infections and viruses); antispasmodic (relieves tension, stress, headaches, etc); relaxing and calming.

LEMON BALM

calming for nerves, headaches, & mild depression; sedative & analgesic properties (sleep problems, menstrual cramps, upset stomach, aches, and pains); antibacterial & antiviral (good for colds, fever, cold sores, etc.); antioxidants to help prevent disease. *Should not be taken by those with thyroid problems

LEMON GRASS

digestion stimulant; high in vitamin C.

LEMON MYRTLE

an intensely lemon-scented leaf with strong antimicrobial and antiseptic properties useful for respiratory and digestive support; potent antioxidant and anti-inflammatory effects.

LEMON VERBENA

good for settling a stomach (antispasmodic) and adding a sweet, lemony flavor.

LICORICE ROOT

50 times sweeter than sugar; demulcent (soothing to throat and air passages); anti-inflammatory (good for arthritis, digestive tract problem, etc); has glycyrrhizin (expectorant) that aids in chest congestion, relieving bronchial spasms, reduces coughs); anti-allergic (ease allergy symptoms); helps relieve fever; laxative; said to relieve mild depression.

MARSH MALLOW ROOT

expectorant, clear congestion; emollient, coats and soothes sore throat; tannins for urinary tract infections and stomach ulcers; helps control blood sugar levels; diuretic.

MILK THISTLE

silymarin helps protect the liver & regenerates liver cells (great for those with long term alcohol, drug, and/or prescription drug use); antioxidants to prevent disease; helpful for breastfeeding; great for liver detox.

MINT

antispasmodic (soothing aches, nerves, & upset stomach); great for flu (eases congestion, headaches, muscle aches, nausea, and fever); aids in respiratory problems.

PASSIONFLOWER

this powerful herb is used to relieve stress (nervine) and pain (analgesic) and can aid in sleep problems and restlessness as well.

RED CLOVER

packed with many vitamins, nutrients and isoflavones, this herb has been used for blood purification, cancer treatment, respiratory problems, and eczema.

ROSE HIPS

immune booster (Vit A & C); diuretic and laxative; great for scars and wrinkles; anti-inflammatory properties; antioxidants that prevent against cardiovascular disease

ST. JOHN'S WORT

sedative (antidepressant properties); antiviral; anti-inflammatory, antispasmodic, analgesic (relieves tension, anxiety, aches pains). *Should not be taken in conjunction with other forms of anti-depressants, MAO inhibitors, other sedatives, or chemotherapy.

STINGING NETTLE

used for allergies, asthma, bronchitis, & any other type of respiratory weakness and inflammatory condition. Benefits include: decongestant, antihistamine, anti-inflammatory, anti-allergenic, anti-asthmatic, astringent, and decongestant among others.

SCHISANDRA BERRY

an adaptogenic berry used to support liver health, improve stress resilience, & enhance stamina and mental clarity by modulating the stress response, helping the body resist physical, chemical, and emotional stressors; they normalize hormonal & immune reactions.

VALERIAN ROOT

sedative (calming, stress reducer, anti-anxiety, insomnia); antispasmodic (soothing nerves, aches, pains).

YERBA MATE

long used in South America as a coffee substitute, this boosts metabolism, offers a natural caffeine, & is full of antioxidants



**These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease. Please consult a physician if you are pregnant, nursing, or on medication prior to consumption.