

# THE HERBAL TEA ADVANTAGE

Tea is the second most popular drink consumed worldwide after water. Since 2019, the herbal teas have been rising in popularity because of the benefits they provide, ease of access and versatility.<sup>1</sup>

**What is herbal tea?** Herbal teas are combinations of loose-leaf herbs, fruits, roots and seeds steeped in water that provide natural flavors and may provide various health benefits. Aside from providing hydration and being an alternative to sugary drinks, they offer unique flavors that can be enjoyed hot or cold throughout the day.

## TOP 10 HERBAL TEAS FOR DIGESTIVE HEALTH

**Ginger Tea:** Strong, earthy flavor that supports digestive and immune health.



**Lemon Balm Tea:** Light, lemony flavor with mint that supports digestion and occasional bloot.

**Green Tea:** Light flavor that supports digestive health.



**Licorice Tea:** Light, sweet and slightly bitter flavor used to support digestive health.



**Red Rooibos:** Light, sweet, earthy flavor used to support digestive health and immune health.



**Echinacea Tea:** Light flavor, used to support immune health and healthy blood flow.



**Hibiscus Tea:** Sweet, slightly tart flavor that supports digestive and immune health.



**Chamomile Tea:** Very light in flavor and commonly used for centuries for its calming properties.



**Fennel Tea:** Sweet, slightly tart flavor that supports digestive and immune health.



**Peppermint Tea:** Minty flavor that supports and calms the gut.



### References:

1. Tea Market Size, Share & Trends Analysis Report By Product, By Distribution Channel, By Region, and Segment Forecasts, 2019-2025. Grand View Research. <https://www.grandviewresearch.com/industry-analysis/tea-market>