

THE HERBAL TEA ADVANTAGE

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

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

TOP 10 HERBAL TEAS FOR DIGESTIVE HEALTH

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



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



Green Tea: Light flavour that supports digestive health.



Liquorice Tea: Light, sweet and slightly bitter flavour used to support digestive health.



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



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



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



Chamomile Tea: Very light in flavour and used for centuries for its calming properties.



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



Peppermint Tea: Minty flavour 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>