



Certified Organic Chamomile and Peppermint “Tea”

Instructions


For a soothing herbal “tea,” place one sachet of our **Organic Chamomile-Peppermint “Tea”** in a cup or teapot of pure water at approximately 185° F (85° C). This is best achieved by allowing boiling water a moment to cool before introducing the “tea” sachet. Steep for approximately 3 to 5 minutes and then allow to cool and enjoy. Of course, feel free to vary the amount of water used or modify the brewing time to adjust the strength of the “tea.” Unlike typical chamomile or peppermint “teas”, prolonged brewing will not cause bitterness due to the unique quality of both our **Full-Leaf Peppermint** and **Chamomile Blossoms**. You can also add ice or refrigerate to make a healthy, delicious and refreshing iced Chamomile-Peppermint “tea.”



Back in 1979, I began making vitamins for my own use when I could find no products that met my high standards for quality, purity and efficacy. These vitamins were never intended to be sold; however, some 30 years later, the same exceptional vitamins I make for my own personal use are the exact same vitamins I share with you through ProCaps Laboratories.

Today, I have created a very small family of products called “**Andrew’s Own**” for when, just as with vitamins 30-plus years ago, I make a product for my own use that is worthy of sharing with you. I am excited to introduce another unique member to the **Andrew’s Own** family.

Enjoy!



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“Tea,” but not really Tea?

We always place quotation marks around the word “tea” when referring to our **Chamomile and Peppermint “teas,”** because technically speaking, Chamomile and Peppermint are not true teas, but more correctly referred to as herbal infusions. For a beverage to be properly called “tea,” it must be made from the *Camellia sinensis* plant, which is responsible for all the green and black varieties of true tea. Beverages that are made by infusing other plants are more properly referred to as Herbal Infusions or Tisanes. However, no matter what it is called, the exceptional quality of our **Organic Chamomile-Peppermint “Tea”** offers a uniquely soothing and refreshing tea experience.



The Finest Organic Chamomile from Egypt.

Chamomile has been cultivated in Egypt for thousands of years and Egyptian Chamomile is viewed as the world’s finest. Our **Organic Chamomile Blossoms** are cultivated in the same nutrient-rich Egyptian soils that they have been for centuries. We use only **Golden Chamomile Blossoms** from an Organic-Certified source free of additives and pesticides. Our **Organic Chamomile Blossoms** are unprocessed, so you can enjoy the pure, natural flavor and freshness of our exceptional organic Chamomile.



Mother Nature’s Calming Soothing Plant.

Chamomile has been used for centuries by ancient cultures throughout Europe and Asia for its soothing and relaxing properties. Today, modern science has validated Chamomile’s calming ability to help us deal with our stressful lives while also supporting restful sleep and soothing an uneasy digestive system. Chamomile’s relaxing properties, along with its sweet, delicious flavor have seen it become one of the world’s most popular, naturally caffeine-free beverages.



ANDREW’S OWN®



Certified Organic Chamomile and Peppermint “Tea”

Egyptian Golden Chamomile Blossoms
Premium American Full-Leaf Peppermint
Naturally Caffeine-Free



30 INDIVIDUALLY SEALED “TEA” SACHETS • NET WT. 1.9 OZ. (54g)

Peppermint from our Pacific Northwest.

Our **Peppermint** is cultivated in the moist, nutrient-rich soil of America’s Pacific Northwest where botanical experts claim the world’s finest organic Peppermint is found. We exclusively use **Premium Full-Leaf Certified Organic Peppermint**, which assures you the freshest flavor, without bitterness, and complete peace of mind, since it is unprocessed and contains no additives of any kind.



Nature’s Freshest Flavor and Fragrance.

Peppermint is a combination of spearmint and water mint and is the most popular of the dozens of varieties of mint. Peppermint has been used for centuries because of its uniquely fresh aroma and flavor, as well as its soothing properties, particularly for the digestive system. Today, Peppermint is found in everything from breath mints and toothpaste to chewing gum and air fresheners. Naturally caffeine-free, Peppermint is truly one of Nature’s great soothing, refreshing gifts.



Ingredients

Premium Organic Egyptian Chamomile Blossoms and Premium Organic Peppermint from America’s Pacific Northwest.



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Certified Organic by NDA