

# ***JAS-eTea Guide to Herbal Teas and Tisanes***

*Some Common Ingredients Used\* (all caffeine free)*

<b>Herb, Plant</b>	<b>Parts Used</b>	<b>Flavor/Aroma</b>	<b>Health Claims</b>
<b>Blackcurrant</b>	Berries, leaves	Fresh berries	Vitamins; aids digestion; improves liver, kidneys, spleen, pancreas functions
<b>Cardamom</b>	Pods (the little black seed inside the inedible husk)	Mildly sweet	Digestive aid (eases stomach cramps, reduces gas), freshens breath, warms the body, reduces caffeine effects; high in antioxidants
<b>Cassis/Cassia</b>	Bark	Spicy, pungent	Treatment aid for Type II diabetes
<b>Chamomile</b>	Flowers	Sweet if steeped lightly	Antibacterial, relieve muscle spasms, mild sedative; some people with severe hay fever react to chamomile, too; combines well with mints
<b>Chrysanthemum</b>	Flowers	Sweet	Cools, neutralizes toxins, other related to the liver, skin, heart, and sinuses
<b>Cinnamon</b>	Bark of certain evergreen tree (pale tan, thin layers)	Warm, sweet, aromatic	Aid in colds, digestive problems, cold hands/feet (due to poor circulation), toothaches; high antimicrobial and antioxidant properties
<b>Cranberry</b>	Fruits (berries)	Tart	High vitamin C; used for urinary tract infections, weight loss (little evidence)
<b>Fennel</b>	Seeds	Mild	Appetite stimulant, upper-respiratory infection, sore throat, gas, abdominal pain (steeped in milk); avoid if allergic to celery; small doses only to children
<b>Ginger</b>	Root	Has a bit of a “kick”	Useful for colds, flu, sore throats, nausea; fights fever-related illnesses
<b>Ginseng</b>	Root	Bitter	Rejuvenation, overall stimulation; excess can cause insomnia, heart trouble
<b>Hibiscus</b> (Bissap, Roselle)	Flowers	Refreshingly crisp, sweet flavor	Control high blood pressure, reduce high cholesterol levels, soothe cramps, laxative qualities; often blended with rosehips
<b>Holy Basil</b> (Tulsi)	Leaves, blossoms	Tasty	Aid digestion, bloating, gas, stomach cramps, upset stomach; antibacterial, flavonoids, anti-inflammatory, cardiovascular health (avoid aluminum pot)
<b>Honeybush</b>	Leaves	Sweet, smooth	Vitamins, minerals, antioxidants; good for digestion, coughs, blood sugar, etc.
<b>Lavender</b>	Flowers	Sweet, soothes, scent	Calming; helps relieve headaches, tension, insomnia, stress
<b>Lemon</b>	Zest, rind (peel)	Pungent, astringent; revitalizing aroma	Good for digestive problems, coughs; shown to reduce severe sunburns and a type of skin cancer
<b>Lemongrass</b>	Leaves	Smooth, light lemony	Helps anxiety, colds, digestive problems; good source of vitamin A
<b>Orange</b>	Rind (peel)	Delicious	Digestive aid, scent invigorates
<b>Peppermint</b>	Leaves	Strong minty	Has menthol (ease upset stomachs, prevent colds, calm, freshen breath)
<b>Rooibos</b> (Red Bush)	Leaves	Pleasantly sweet, woody, slightly nutty	High in antioxidants; Vitamin C plus minerals; grown only in South African highlands (the Cederburg area); low tannin content (half of ordinary tea)
<b>Rose</b>	Petals, small buds	Fragrant, sweet, floral	Soothing; useful for colds, flu, fevers and rashes
<b>Spearmint</b>	Leaves	Lighter minty	Digestive aid, may decrease androgen hormones in women with hirsutism

*\*This is meant as basic information only. For more details, see the Tea Information section of our store site: [JAS-eTea.com](http://JAS-eTea.com).*

## General Information

Herbal teas (aka, herbal tisanes) have been around a long time. They are not the same as true teas, which are made from the plant species *Camellia sinensis*. In fact, they are often made from quite a range of plants that have been part of folk medicines around the world for centuries. Technically, they are infusions (plant material steeped in hot water) or decoctions (plant matter simmered in water brought to a boil), but are also called “herbal tisanes.”

Generally, steep using boiling water for a time from 4 to 7 minutes, per your taste.



*DISCLAIMER – This brochure does not cover all ingredients used in various herbal tea blends (also called herbal tisanes). The information is presented for informational purposes only. Please consult with your doctor before using these herbal teas for medicinal purposes and avoid aluminum pots that can react with some of the ingredients in a harmful manner. Avoid drinking any of these in excess.*

## About Us

**JAS-eTea.com** is your friendly online tea store. We share our love of teas with you and appreciate your business, wishing you all good health. We offer:

- over 300 premium teas from China, Taiwan, India, Thailand, and more
- quality teawares and books
- loose leaf & sachet flavored teas
- herbal teas and decaffeinated teas
- chais (spiced tea in the style from India)

### Our Mission

To promote the knowledge and awareness of fine teas and meet your expectations of what an exceptional tea vendor should be.

### Our Goals

1. Provide the **best service available**. Service is paramount in any business endeavor. If you ever have a concern, please let us know so we can improve.
2. Be your **tea source of first resort**. When you think of tea, we want you to think of JAS-eTea.com!
3. Keep **improving our selection** of products. If we don't have the tea you are looking for, let us know. We will do our best to acquire that tea for you.

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Your Guide to

*Herbal  
Teas & Tisanes*

