

RUSSIAN TEA



9. *Rhododendron adamsii*. Healing tea for vital energy. Strengthens the immune system, tones, slows down the aging of the body by influencing the metabolic process. Has the property of calming anxiety and coping with the symptoms of depression.

Helps cleanse the body of toxins. Helps normalize blood pressure. It is a natural antiseptic, so decoctions from *Rhododendron adamsii* are used for diseases of the throat and oral cavity. Has a tonic effect, normalizes the production of dopamine and serotonin.

Tonic blend. Read brewing instructions carefully to avoid overdose!

Ingredients: young shoots and flowers of *Rhododendron adamsii*.



10. *Cetraria islandica*. A tart tea with a pronounced rich bitterness. This is a lichen that grows only in ecologically clean regions, so it is a kind of marker of environmental purity. A natural antibiotic that can cope with many bacteria. Gently envelops the stomach, soothes the intestines. Useful for gastritis, intestinal atony, to normalize appetite.

Due to the content of organic acids, it has antibacterial properties. Contains a whole complex of enzymes, vitamins, fat. Suppresses the growth of harmful fungi and pathogenic bacteria. Strengthens the immune system. **Anti-inflammatory tea.**

Ingredients: *Cetraria islandica*.



11. *Strawberry*. A bright blend with the taste and aroma of wild strawberries, saturated with the sun's rays of the Siberian steppe. Fermented Ivan-tea gives the blend richness and light tartness, and strawberries - a delicate sweetness and enchanting aroma. Ivan-tea and strawberries are rich in many vitamins and microelements, this is a storehouse of useful substances for your health.

Ivan tea is a record holder in the content of vitamin C, has a calming effect on the nervous system, tones the body and strengthens the immune system.

This is a **general tonic and vitamin blend**, which has a beneficial effect on the immune system, cardiovascular and digestive systems.

Ingredients: fermented Ivan tea leaves, wild strawberry berries.

WORLD TREASURES!
THE POWER OF SIBERIA IS IN YOUR HANDS!

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1. *Primula*. Creates a delicate, delightful sensation that will envelop your throat with the gentle softness of first spring flowers of the Sayan foothills. All flowers are carefully hand picked from the beginning of April to mid-May. This harvest period generates some of the most rare inflorescences. Petals and buds are energized by the freshness of spring, and nourished by crystal clear waters from the snowy mountain peaks, leaving you with tender, pleasurable sensations.

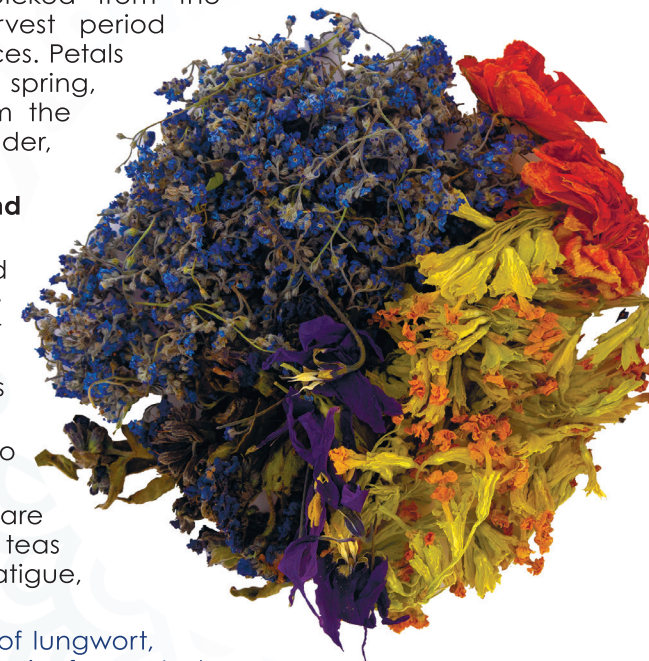
This blend is ideal for the prevention and treatment of lung and throat diseases.

First of all, this blend is notable for its anti-cold properties. Almost every plant in the composition has the properties to fight inflammation, lower the temperature, promote expectoration of sputum, increases immunity.

For example, lungwort has long been used to treat lung diseases.

Primrose leaves as a rich source of vitamin C are included in vitamin supplements and breast teas for colds. It is an excellent tonic for colds, fatigue, neurosis, headaches and insomnia.

Ingredients: leaves and inflorescences of lungwort, flowers and leaves of foalfoot, leaves of bergenia, fermented in natural conditions, leaves and inflorescences of siberian primrose, field scorpion grass.



2. *Wild berry*. The vitamins of taiga wild berries will fill you with health and strength. Harvesting lasts from May to November. Flowers in early spring, leaves in mid-August, when the leaves gain flavour and strength for the fermentation process, and fruits from mid-summer to late autumn. Gorgeous berry bouquet with its unique aroma and taste of wild Siberia. Berries - eyes of the earth, give us inner fullness and harmony. **Vitamin blend.**

Almost all the berries in the blend contain a large amount of vitamin C (and rosehip fruits are a real «record holder» in this area). Raspberries, currants, sea buckthorn, rose hips, cherries and apple trees perfectly cope with colds and viral diseases, eliminate hoarseness, cough and other unpleasant symptoms, tone the body and increase immunity.

Sea buckthorn is an effective remedy in the treatment of respiratory diseases associated with working in hazardous industries.

Mountain ash fruits have antibacterial properties, helping to fight intestinal infections and inhibiting the growth of fungi of various types.

Ingredients: fermented leaves of taiga raspberry, fermented leaves and flowers of wild apple, fermented leaves of wild cherry, leaves and fruits of wild sea buckthorn, flowers and fruits of wild rose, leaves and berries of field strawberries, fruits of hawthorn, rowan fruits and bird cherry.





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3. *Taiga.* The power of the Siberian Taiga in a strong frosty bouquet. Cedar - the king of the Siberian Taiga raises immunity and helps to fight against viruses. Cedar needles are collected in the winter season, when excess moisture is gone and only the nutrients remain. Wild currant which grows in the lowlands of mountain streams, adds to the slight sour scent and is enriched with vitamin C. A wonderful contrasting bouquet of Taiga! **Antiviral blend.**

Cedar and fir needles contain a large amount of ascorbic acid, it helps to clean the respiratory tract, protects against colds and viruses, and strengthens the immune system.

Pine buds are used as an expectorant, anti-inflammatory, antiviral and disinfectant for diseases of the respiratory tract and lungs. Infusion of pine buds is included in the complex therapy for tuberculosis.

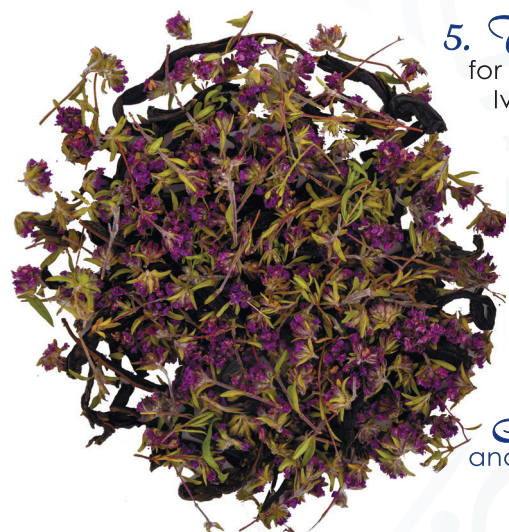
Ingredients: cedar needles, leaves of taiga currant, leaves of bergenia, fermented in natural conditions, fir needles, bark of larch, dairy male and female pine cones and buds.



4. *Summer bouquet.* Exquisite taste and aroma, evoking deep feelings and emotions. In this bouquet, the brightest, and healthiest types of July blooming plants are gathered. At the heart of the blend, Kuril tea, which works wonders on the gastrointestinal tract; is prescribed in medicine for gastric ulcer and duodenal ulcer. Zizifora - mountain mint perfectly stimulates the heart.

The healthy collection is produced in dry sunny weather. The melliferous taste, and the bright aroma of mint, filled with floral sweetness, transfers the energy of the summer greenery and flora, gracing the foothills of Sayan meadows and the coolness of the shady slopes. **Blend for the gastrointestinal tract.**

Ingredients: fermented leaves and flowers of meadowsweet, leaves and flowers of Kuril tea, young shoots and flowers of ziziphora, clover flowers, leaves and flowers of oregano.



5. *The power of mountains.* Soothing, relaxing blend for a traditional evening tea before bedtime. The basis of the Ivan blend tea - a universal source of vitality and longevity, a blend known for a long time in Russia. The basis of this aroma is thyme, gathered on the rocky slopes and rocks of the Sayan mountains during the period of active bloom in July. Tart taste and rich aroma reminiscent of sun-absorbed mountain slopes amidst the kingdom of virgin mother nature. Thyme has amazing, calming and soothing properties, as well as strength restoration and mental balance, rich in a large amounts of useful substances, for which its received its title as the "divine healing herb".

Ingredients: Ivan tea fermented leaves, young shoots and flowers of thyme.



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6. *Ivan tea classic style.* Ivan-tea or Kopor tea is a true national treasure of Russia. It is significantly richer in healthy micro-elements than green and black tea. In the 19th century, Russia was a global tea supplier to the European and Asian countries. During the Second World War, on the fronts, Ivan-tea was added to a common pot of food and also added to hot dishes in order to provide the soldiers with essential micro-elements.

Our aim is to revive the tea drinking traditions and pass in the one of a kind healing abilities of the collection teas gathered in nature reserves from the primary corners of the world. We follow the traditional ways of tea fermentation, without the use of metal tea twisting machines. Leaves and flowers are collected by hand, fermented in glass containers, and dried inside an oven.

Kopor tea contains more vitamin C than citrus fruits and black currants. Therefore, it has an anti-inflammatory effect, effectively strengthens the immune system, has a blood-restoring effect, cleanses the body and restores vitality. It is a powerful anti-inflammatory and enveloping agent, useful for stomach ulcers, gastritis, colitis, flatulence.

Ingredients: fermented Ivan-tea leaves, Ivan-tea flowers.



7. *Autumn day.* Bright tea with delicate autumn aromas. Is based on Ivan-tea, a traditional Russian drink, toning and improving immunity. Candied pumpkin fruits add brightness of taste and aroma, retaining for a long time all the beneficial properties of siberia autumn harvest. Thanks to pumpkin, such tea is considered to be dietary, gives energy and charge of cheerfulness for the whole day.

Pumpkin candied fruits are rich in fiber and have a beneficial effect on digestion. They also contain B vitamins and the rare vitamin B3, which is famous for helping in the absorption of other trace elements. Pumpkin candied fruits are useful for people suffering from intestinal diseases, and those who suffer from cardiovascular diseases.

Ingredients: fermented Ivan tea leaves, candied pumpkin fruits.



8. *Mushroom.* A tart blend of mushroom aromas from the Sayan foothills. Collected from medicinal mushrooms and moss. The richness of the blend is provided by chaga and bergenia, chanterelles - a characteristic mushroom aroma, and Icelandic moss brings a slight note of bitterness, due to which it is added in small quantities. All the cultures in the blend remove helminths and toxins from the body, cleanse the liver, and improve immunity. Chaga is an ancient remedy for the treatment of gastrointestinal diseases. The highlight of the composition is Icelandic moss - famous for its ability to cleanse the lungs and fight viruses. Cleansing and immune blend.

Ingredients: Inonotus obliquus, Cetraria islandica, leaves of bergenia fermented in natural conditions, mushrooms Cantharellus cibarius

