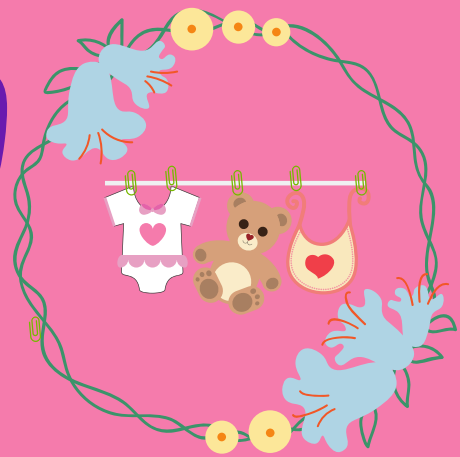


Herbal Tea In Pregnancy



Safe & Recommended Herbs To Use



ALFALFA

Highly nutritive containing Protein, Vitamins A, D, E, B6 & K



BURDOCK

Liver strengthener, blood purifier & tones uterine before & after birth



CHAMOMILE

Eases digestion, aids sleep & calms the nerves



DANDELION

Liver strengthener, regulates blood sugar & blood pressure



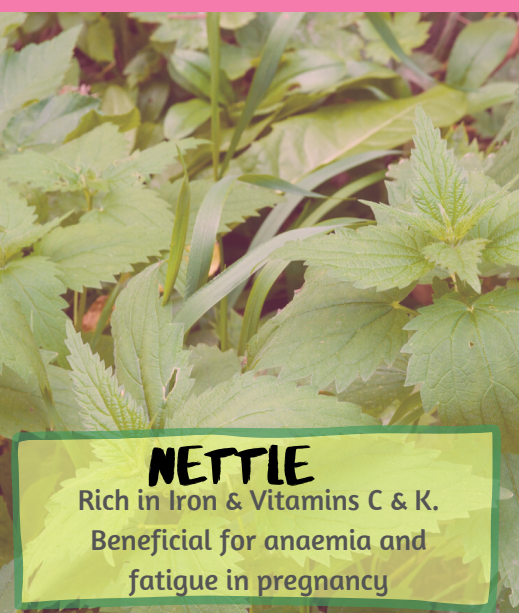
GINGER

Eases nausea & morning sickness, helps with bad circulation



LAVENDER

Promotes sleep, reduce anxiety & lifts the mood



NETTLE

Rich in Iron & Vitamins C & K. Beneficial for anaemia and fatigue in pregnancy



OATSTRAW

Rich in Calcium & Magnesium, helps healthy muscle function



RED RASPBERRY LEAF

Tones uterus, high in Iron which can prevent hemorrhages during birth

By Teresa M
Blending Herbal Tea



Blending Herbal Tea