

Relaxation Tea

Need to unwind? Rest and rejuvenate with a refreshing cup of peppermint-flavoured Relaxation Tea. It's specially formulated to support relaxation while helping you cope with occasional stress, maintain a healthy mood and support restful sleep.

Herbalife[®]

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Peppermint Flavour

No caffeine

No artificial flavours or sweeteners



Certified
GF
Gluten-Free™

MADE WITH
NON-GM
INGREDIENTS

What are the key ingredients?

Relaxation Tea is a specially formulated herbal blend of Lemon Balm, Passionflower, Lavender and Chamomile to help support relaxation. Lemon Balm is traditionally used to help cope with occasional stress, maintain a healthy mood and support restful sleep. No added caffeine.

- Lavender: A fragrant plant of the mint family used since ancient times and grown around the world.
- Lemon Balm: Native to Europe and the Mediterranean, stemming from a bushy perennial herbal mint.
- Peppermint: A hybrid mint first grown in Europe and now cultivated throughout the world.
- Passionflower: A tropical climbing plant discovered in South America in the 16th century.
- Chamomile: Traditionally grown in Europe, with a bitter yet aromatic taste.

Always read the label – use only as directed.
Lemon Balm is traditionally used to support relaxation.

How does it benefit you?

- Herbal blend to calm body and mind.
- No added caffeine.
- No artificial flavours or sweeteners

How do I take it?

Shake well before use. Mix a rounded ¼ teaspoon (0.8g) with 180–350ml of hot water. Can be enjoyed hot or warm at any time of the day. Instant and easy to prepare.

Who is it suitable for?

Those who need support with relaxation. Provides additional support to help cope with occasional stress, maintain a healthy mood and support restful sleep.

You might also want to try

Instant Herbal Beverage, Calming Complex, Herbal Aloe Concentrate.

To learn more, visit [Herbalife.com.au](https://www.Herbalife.com.au)

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