Summer Tea Time!

Cool Down with this beautiful Sweet Summer Herbal Cooler!

**Floral Coolada**

**Elder flower:** Immune supportive, sweet and gentle for kids and elders alike.

**Hibiscus:** Cooling when overheated, this herb is used traditionally throughout the world as an iced tea to keep the body cool.

**Rose:** Astringent, and cooling, full of vitamin C, this lovely flower is also a gentle herb for children.

**Chamomile:** Anti-inflammatory and calming to the digestive tract and nervous system, this lovely yellow flower is also gentle enough for kids.

**Instructions:** Steep 4.5g in 2-3 cups of water for 10 minutes, you may double for a larger amount. If you want to do an iced tea, strain the herbs and add ice, natural sweetener and a lemon to cool down. Enjoy while working in the garden, by the pool or at your barbecue, etc.!

Price: 1 week: $4.73  2 weeks: $9.45  3 weeks: $14.18

To order contact the **Herb Dispensary**
Maryland University of Integrative Health
410-888-9048 ext. 6676
herbs@muih.edu

The Herb dispensary at Maryland University of Integrative Health uses exceptionally high-quality herbal products. The herbs we purchase are purely wild crafted or certified organic. Our herbal suppliers practice fully documented quality control standards, meeting FDA cGMP’s and providing certificates of analysis demonstrating the authenticity of the herbs we order. Always consult with your primary care practitioner prior to beginning any new health supplement or herbal product.