

INVIGORATING

Morning Time

Start your day on top form with Heath & Heather's Morning Time infusion. Uplifting spearmint clears your head while rosehips, lemongrass, cherries and orange help your body tackle the day ahead.

Ingredients

Hibiscus, Rosehips, Spearmint, Lemongrass, Cherries, Blackberry Leaves and Orange Peel.



Apple & Cinnamon

Spice up your daily routine with this warming and aromatic infusion created to help support your wellbeing.

Ingredients

Apple, Hibiscus, Cinnamon, Natural Apple Flavouring, Elderberries and Chicory Root.



Wild Blackcurrant

Wild Blackcurrant, a natural source of antioxidants provides an infusion to help support your wellbeing.

Ingredients

Hibiscus, Blackcurrants, Natural Blackcurrant Flavouring, Blackcurrant Leaves, Rosehips and Lemongrass.



Red Berries

This infusion delivers a revitalising burst of fruity flavour. If your tea break could do with a lift, grab this berry medley and give your taste buds a treat.

Ingredients

Hibiscus, Apple Pomace, Blackberry Leaves, Natural Strawberry Flavouring, Natural Cranberry Flavouring, Strawberry Fibres, Rosehip, Raspberry Fibres, Natural Raspberry Flavouring and Cranberry Fibres.



These products can be used as part of your natural, healthy lifestyle however, the guidance provided is of a general nature and cannot be a substitute for the advice of a medical professional.

Information on the uses of herbs was provided by a NIMH practitioner. You should consult with a NIMH practitioner if you need further advice. Contact NIMH to find a herbalist on 01392 426022

ANTIOXIDANTS

Pomegranate

This infusion delivers a fruity, refreshing drink. If your wellbeing needs a boost, this could be a good place to start.

Ingredients

Hibiscus, Apple Pomace, Blackberry Leaves, Natural Pomegranate Flavouring & juice, Natural Apple Flavouring & juice, Malic Acid*, Licuorice Root, Natural Vanilla Flavouring and Orange Peel.



Green Tea & Jasmine

This infusion is a natural source of antioxidants with a delicate floral scent. This blend is designed to help maintain the body's natural balance as part of a healthy diet.

Ingredients

Green Tea and Jasmine Flowers.



Green Tea & Lemongrass

This infusion is a natural source of antioxidants with a zesty citrus twist. If you're looking for a zesty way to kick start your wellbeing, this could be the answer!

Ingredients

Green Tea, Lemon Peel and Lemongrass.



Redbush

This refreshing Redbush infusion is a healthy, naturally caffeine-free alternative to tea and coffee, giving you the power to kick the caffeine habit.

Ingredients

Roibos.



Decaffeinated Green Tea

Prefer your tea without the caffeine? Choose our Decaffeinated Green Tea which is suitable for any time day or night.

Ingredients

Decaffeinated Green Tea.



*Naturally occurring fruit acids

To discover more about the Heath & Heather range and how it can support a healthy lifestyle, please visit www.heathandheather.co.uk or contact our Customer Relations Team on 0800 633 5650 (9.30am–5.00pm Monday–Friday)

RANGE REFERENCE GUIDE



Herb Specialists for over 90 years

We only use carefully selected natural ingredients that do not contain any artificial flavours, preservatives or colouring – your guarantee of **true flavour** and nothing else.



& **NIMH** Working together.
www.nimh.org.uk

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Customer Relations Team
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ORGANICS



Organic Echinacea

This infusion contains the finest organically grown Echinacea to create a delicate infusion to help support your wellbeing.

Ingredients
Organically Grown Echinacea.



Organic Green Tea

This tea is a natural source of antioxidants. If you need a boost, this is the perfect healthy pick me up!

Ingredients
Organically Grown Green Tea.



WELLBEING

Nettle

Also available in Organic

Heath & Heather's Nettle infusion can help you reclaim your get up and go.

Ingredients Nettle Leaves.
Organic Nettle Ingredients
Organically Grown Nettle Leaves.



Rosehip

This infusion gives you a fruity burst to help keep your body ready for anything and support your wellbeing.

Ingredients
Rosehip and Hibiscus.



Peppermint

Also available in Organic

This infusion is the perfect all round pick me up. Refreshing mint makes this an ideal drink after any meal.

Ingredients Peppermint Leaves.
Organic Peppermint Ingredients
Organically Grown Peppermint Leaves.



Fennel

Fennel, long regarded to be of benefit, provides an infusion to help you ditch that sluggish feeling and get moving again!

Ingredients
Fennel Seeds and Stems.



Raspberry Leaf

Raspberry Leaf has been infused with real apple pieces to help support your wellbeing and is an ideal alternative to black tea.

Ingredients
Raspberry Leaves, Hibiscus, Blackberry Leaves, Natural Raspberry Flavouring, Apple Pomace, Tartaric Acid*, Rosehips and Raspberries



Lemon & Ginger

This is a zesty, warming infusion that supports your wellbeing. Perfect for perking you up and helping you to get your zing back!

Ingredients
Ginger, Apple Pomace, Blackberry Leaves, Citric Acid*, Natural Lemon Flavouring, Lemongrass, Lemon Peel, Linden Flowers and Roasted Chicory Root.



Liquorice & Oriental Spices

This infusion is a naturally sweet, rich flavoured drink that can be enjoyed at any time, day or night.

Ingredients
Liquorice, Cinnamon, Ginger, Blackberry Leaves, Apple Pomace, Aniseed, Nutmeg, Clove Buds, Pepper, Orange Peel and Cardomon.



Echinacea & Cranberry

This infusion is a zesty, warming infusion. Perfect for perking you up and helping you to get your zing back!

Ingredients
Apple Pomace, Hibiscus, Apple, Echinacea Root, Malic Acid*, Rosehip, Orange Peel, Echinacea Herb, Cranberry Pieces and Blackberry Flavouring.



Slim-Maté

This infusion delivers a refreshing kick that can also support a healthy diet. Fragrant and invigorating, Slim-Maté is a great choice for health conscious people who need to stay on the move.

Ingredients
Rooibos, Maté, Blackberry Leaves, Orange Peel, Spearmint, Fennel, Lemon Balm Leaves, Lemongrass, Cinnamon, Natural Orange Flavouring and Guarana Seed.



RELAXING

Camomile

Also available in Organic

This is a soothing infusion to help you relax and unwind at any time of the day, letting you float off on your very own Camomile cloud.

Ingredients Camomile.
Organic Nettle Ingredients
Organically Camomile.



Camomile & Spearmint

The soothing properties of Spearmint, when blended with Camomile provide this calming infusion.

Ingredients
Camomile and Spearmint



Camomile & Honey

This infusion is a comforting drink with a gentle sweetness, allowing you to let go and relax.

Ingredients
Camomile, Natural Honey Flavour and Honey.



Night Time

End your day on the right note with this infusion. Subtle floral aromas and calming camomile help you sink into the bliss of total relaxation.

Ingredients
Camomile, Spearmint, Blueberry Leaves, Orange Blossom, Limeflowers, Lemongrass, Passionflower Leaves, Rosebuds and Rosehips.

