

# SAN FANTINO Herbal tea

Ingredients: Elderflower, water mint, fennel, mallow, plantain, St. John's wort, lemon verbena.

Production: 3 kg

Price: 10 euro for a 20 gr jar (good for 20 teas)



The San Fantino Herbal tea has great healing properties and helps your body to work properly, it also tastes delicious!

Elderflower: anti oxidant, used against flu

Mallow: cures cough and cold

Fennel: anti oxidant, diuretic, anti inflammatory, cures sore throat

Lime tree blossom: relaxing, anti anxiety, treats colds and congestion

Water mint: anti oxidant, digestive

Lemon verbena: digestive, eases stress and tension, treats colds

Plantain: digestive, anti inflammatory

St John's wort: anti depressant

We pick the leaves and flowers and dry them in a dark room. We then mince them and mix together.

