

ESSIAC TEA

TRADITIONAL HERBAL DECOCTION

The Four-Herb Tradition

Essiac Tea is a traditional four-herb decoction built on one of herbalism's most enduring formulas. Instead of following modern trends, it honors a time-tested approach: carefully selected botanicals, slowly prepared, and enjoyed as part of a consistent wellness routine. Some traditions have endured for generations because they simply deserve to.

Every serving begins with four herbs - burdock root, sheep sorrel, slippery elm bark, and turkey rhubarb root - blended in their traditional balance. Unlike an instant drink mix, Essiac Tea is meant to be slowly brewed, allowing the herbs to release their naturally occurring compounds into a rich, earthy infusion appreciated by herbal enthusiasts for decades.

The work begins in our stillroom, where every botanical is weighed by hand and blended in small batches for consistency and quality. There are no fillers, sweeteners, flavorings, flow agents, or unnecessary additives in this blend. Just the traditional four herbs, thoughtfully prepared to honor a time-tested herbal tradition.

DIRECTIONS

Boil 4 cups (32 oz) of spring or distilled water in a stainless steel pot. Stir in about 7 tablespoons of tea (1 oz by weight) and cover. Simmer 15-20 minutes.

Remove from heat. Keep covered and steep 10-12 hours. Reheat to steaming without boiling, let settle, and strain through fine stainless mesh into a clean airtight container. Refrigerate.

To serve: Add 2 fl oz tea to 2 fl oz hot water. Take up to 2-4 fl oz daily on an empty stomach.



THE FOUR HERBS

Burdock Root — *Arctium lappa*

Often considered the foundation of the formula, burdock root has been valued in traditional herbalism for generations. Rich in naturally occurring inulin and plant compounds, it provides the earthy backbone that gives Essiac Tea much of its character.

Sheep Sorrel — *Rumex acetosella*

This distinctive herb contributes the bright, tangy note that balances the deeper botanicals in the blend. Both the herb and root have long been included as an essential part of the traditional four-herb formula.

Slippery Elm Bark — *Ulmus rubra*

Known for its naturally soothing mucilage, slippery elm bark has a long history of traditional use to support digestive comfort. It also lends a smooth, rounded body to the finished tea.

Turkey Rhubarb Root — *Rheum palmatum*

The final piece of the traditional formula, turkey rhubarb root has been used in herbal traditions for centuries. Its bold character complements the other botanicals, bringing balance and completing this time-honored blend.

WHAT IT SUPPORTS

Healthy Cellular Function

Traditionally used as part of a balanced wellness routine to help support the body’s natural ability to maintain healthy cellular function.

Natural Detoxification Pathways

The four-herb formula has long been appreciated in traditional herbalism for supporting the body’s normal processes of elimination and renewal.

Digestive Wellness

Slippery elm bark and burdock root have a long history of traditional use for supporting digestive comfort and maintaining a healthy digestive tract.

Daily Wellness & Vitality

When prepared and enjoyed consistently, Essiac Tea has traditionally been incorporated into everyday wellness practices as a simple way to nourish the body with effective, time-honored botanicals.

Supplement Facts

Servings per container: About 30
Serving Size: 2 oz (steeped liquid)

Amount per serving

Four-Herb Blend	1.25 g † (Before steeping)
<i>Organic burdock root, organic sheep sorrel (herb & root), organic slippery elm inner bark, organic turkey rhubarb root</i>	

† Daily value not established.

ESSIAC TEA IN THE STILLROOM

Long before herbal formulas were packaged by the pound, a pot of Essiac Tea was something to be prepared with intention. The herbs were gently simmered, the brew allowed to steep overnight, and the finished decoction carefully strained and stored for the days ahead. It wasn’t a quick cup of tea, but a ritual that rewarded patience.

In many households, keeping a jar of prepared herbal decoction in the refrigerator was as commonplace as stocking the pantry. A small serving could be warmed or enjoyed cool, becoming part of a daily rhythm rather than an occasional indulgence. The preparation itself reflected an older philosophy of wellness: slow, consistent, and rooted in tradition.

Today, many people still prepare Essiac Tea much the same way. While modern kitchens have replaced the old stillroom, the simple practice of brewing the four herbs together remains largely unchanged, connecting today’s herbal enthusiasts with a tradition that has endured for generations.

CAUTIONS

- Contains rhubarb root (*Rheum palmatum*). Do not use if you have or develop diarrhea, loose stools, or abdominal pain.
- Not for prolonged use.
- If pregnant or nursing, consult your physician before use.
- Consult your physician if you take medication or have a medical condition.
- Individuals with a history of kidney stones should use cautiously.
- Use only stainless steel utensils when preparing.
- Keep out of reach of children.
- Store in a cool, dry place.

ALLERGEN STATEMENT

Manufactured in a facility that processes milk, egg, fish, shellfish, tree nuts, peanuts, wheat, soybeans, and sesame. Individuals with severe allergies should consult their healthcare provider before use.

The information in this document has not been evaluated by the FDA and is not intended to treat, diagnose, cure, or prevent any disease. This information is not intended as a substitute for the advice or medical care of a qualified healthcare professional and you should seek the advice of your healthcare professional before undertaking any dietary or lifestyle changes. This information is provided for educational purposes only.