FIRE & FLOW

The Liver Shot Ritual



WHAT IS FIRE & FLOW?

Fire & Flow is a botanical wellness ritual inspired by the liver's essential role in the body's natural cleansing and digestive processes. Combining traditional herbal ingredients with a simple, concentrated shot preparation, the Fire & Flow pack offers a purposeful approach to incorporating liver-focused wellness into your daily routine.

Designed around a blend of botanical oils, extracts, and herbal tea, Fire & Flow brings together ingredients with longstanding histories in traditional wellness practices. The result is a distinctive daily ritual for those seeking a more intentional approach to supporting their body's natural processes.

WHY THE LIVER?

The liver processes nutrients, produces bile to aid fat digestion, and helps break down and eliminate waste. These essential functions make liver wellness a longstanding focus in traditional botanical practices.

THE BOTANICAL APPROACH

Fire & Flow draws on the longstanding use of botanical oils, herbal extracts, and traditional teas in natural wellness practices. Its combination of rich seed oils, warming cayenne, bright citrus, and herbal tea creates a distinctive ritual inspired by the body's natural digestive and cleansing processes.

THE FIRE & FLOW DAILY PROTOCOL

01 CASTOR SEED OIL



Add 1 teaspoon to 1 tablespoon of Zilara's cold pressed, unrefined, food-grade Castor Seed Oil to a small shot glass.

02 CAYENNE PEPPER EXTRACT



Add up to 10 drops of Cayenne Pepper Extract to the shot glass with the Castor Seed Oil. Begin with less and increase gradually.

03 BLACK SEED OIL



Add ½ to 1 full dropper of Black Seed Oil to your shot glass, combining it with the Castor Seed Oil and Cayenne Extract already added.

04 LEMON ESSENTIAL OIL



Add 1 to 4 drops of pure Lemon Essential Oil for a bright citrus finish, or substitute the juice of half a fresh lemon or lime.

05 VITALITEA



Prepare and steep VitaliTea ahead of time, allowing it to reach your preferred temperature, warm or cold. Add a small splash to your shot glass.

06 MIX & ENJOY



Gently combine the ingredients in your shot glass, take your Fire & Flow shot, and follow with a glass of water to stay hydrated. Enjoy!

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CASTOR SEED OIL

RICINUS COMMUNIS

Country of Origin: India
Cold Pressed from seeds



Our cold-pressed, unrefined, hexane-free Castor Seed Oil is a versatile stillroom essential, naturally rich in vitamin E, omegas, polyphenols, and ricinoleic acid. Long used in traditional wellness and beauty practices, it is valued for nourishing the skin, hair, lashes, and brows, and for its role in slow, supportive body care rituals. This 100% pure, food-grade oil is most often used topically or as the foundation of traditional castor oil packs.

FUNCTIONAL CONSTITUENTS

Ricinoleic Acid	The key compound in castor oil, ricinoleic acid is known for its anti-inflammatory, antimicrobial, and moisturizing properties. It helps soothe skin, support wound healing, and promote hair growth, while also acting as a natural laxative to aid digestion. With its ability to reduce pain, support detoxification, and balance gut health, ricinoleic acid is a powerful ingredient for overall wellness and self-care.
Triglycerides:	Essential fats that serve as the body's primary energy source, supporting cell function, metabolism, and overall vitality. Found in foods like coconut oil, avocado, and fish, they help absorb fat-soluble vitamins, protect organs, and maintain healthy skin. Balanced triglyceride levels are crucial for heart health, brain function, and sustained energy, making them a key component of overall wellness.
Clinical Studies:	https://pmc.ncbi.nlm.nih.gov/articles/PMC1781768/ https://pmc.ncbi.nlm.nih.gov/articles/PMC3384204/ https://pmc.ncbi.nlm.nih.gov/articles/PMC11855838/

WHAT TO LOOK FOR VS. WHAT TO AVOID

- Cold-pressed (never solvent-extracted)*
- Unrefined and in its natural state*
- Hexane-free*
- Thick, dense, slow-moving texture*
- Stored in dark glass to protect freshness*
- Refined or deodorized castor oil*
- Solvent-extracted oils*
- Overly thin or watery texture*
- Plastic packaging*
- Oils with little to no natural aroma*

HOW WE SOURCE

Castor seed oil varies widely in quality depending on how it is pressed, refined, and stored. Many commercial versions are heavily processed, deodorized, or solvent-extracted to make them thinner and more neutral. We do not thin, deodorize, or modify this oil for cosmetic appeal. Its weight, texture, and subtle aroma are part of what make it useful in traditional applications.

OUR CASTOR SEED IS:

- Cold-pressed to preserve the oil's natural fatty acid profile
- Never solvent-extracted or refined
- Hexane-free
- Food Grade
- Left in its natural, thick, viscous state
- Stored in dark glass to protect the oil from light and oxidation

WHAT IT SUPPORTS

Castor Seed Oil has a long history of use in traditional self-care and stillroom practices. When used externally and in ritual applications, it is commonly reached for to support:

- Skin softness and moisture
- Scalp, hair, brow, and lash nourishment
- Comfort and warmth through topical application
- Traditional castor oil pack practices
- Slow, grounding body care rituals*

Castor Seed Oil is valued not for speed, but for consistency and patience, used over time as part of supportive self-care routines.

Why We Use Castor Seed Oil

Castor seed oil is naturally rich in ricinoleic acid, a fatty acid unique to castor oil. This is what gives it its dense texture and makes it especially suited for external use and traditional castor oil pack rituals.

It has been used historically to:

- Soften and nourish skin
- Support scalp, hair, brows, and lashes
- Provide warmth and comfort when applied with heat
- Serve as the base oil for castor oil packs

This is not a trend oil. It's a working oil.

USAGE SUGGESTIONS

Topical	Apply a small amount to dry or rough skin, cuticles, brows, lashes, or scalp. Best used sparingly.*
Massage	Warm between the hands and apply alone or blended with other oils for a slow, grounding massage.*
Castor Oil Packs	A traditional stillroom practice using oil, cloth, and gentle heat.*

HOW TO USE A CASTOR OIL PACK

- Saturate a soft flannel cloth (2–4 layers thick) with castor seed oil.
- Place the cloth over the desired area of the body.
- Cover with wax paper or plastic wrap.
- Apply gentle heat using a heating pad or hot water bottle.
- Leave in place for at least one hour, or overnight if desired.
- Rest while the oil does its work.

Traditional External Practices

- Castor Oil Packs: One of the most well-known traditional uses, involving oil, cloth, and gentle heat.
- Comfort Rituals: Used externally with warmth for areas that feel tense, stiff, or in need of attention.
- Protective Skin Care: Included in salves and balms to help maintain a moist, protected skin environment.

These uses emphasize patience, repetition, and rest rather than quick results.

Traditional Internal Use (Food-Grade)

Castor seed oil has historically been used internally in small amounts as part of traditional wellness practices, particularly for digestive support. Because it is potent, internal use has always been approached with care, intention, and respect.

In the stillroom, internal use is:

- Occasional, not daily
- Minimal in amount
- Used for specific purposes rather than general supplementation

Those considering internal use should do so thoughtfully and consult a qualified healthcare professional if unsure.

CASTOR SEED IN THE STILLROOM

Castor seed oil holds a quiet, utilitarian place in the stillroom. It is not decorative and not delicate. It is kept for moments that call for weight, warmth, and time.

Traditionally, castor oil is reached for when the body needs steady attention rather than stimulation, applied slowly, often with heat, and allowed to work over hours rather than minutes. Its thick texture is part of its purpose, meant to stay where it is placed and support focused, external care.

CAUTIONS

Safety Group 4: Not for use by children, pregnant or nursing women, or individuals with weakened immune systems. Keep out of reach of children. A doctor's advice should be sought before using this and any supplemental dietary product.

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MORE WAYS TO USE CASTOR SEED

Castor seed oil has been used far beyond a single purpose. In the stillroom, it's valued for its texture, staying power, and versatility across skin, hair, and body care rituals.

Hair & Scalp

- Scalp Conditioning: Massaged into the scalp to soften dryness and support overall scalp comfort.
- Hair Care Rituals: Used as a deep-conditioning oil to add shine, reduce breakage, and protect ends.
- Brows & Lashes: Applied sparingly with a clean wand or cotton swab as part of a nightly care routine.

Castor oil's thickness makes it especially useful for areas that benefit from slow, overnight application..

Skin & Body Care

- Targeted Moisture: Applied to very dry areas such as heels, elbows, knees, and cuticles.
- Facial Oil Blends: Used in small amounts or blended with lighter oils for facial massage and skin-softening rituals.
- After-Sun Care: Traditionally used to soothe skin that feels warm, tight, or overexposed.
- Scar & Blemish Care: Applied consistently over time as part of long-term skin care routines.



Cayenne Pepper Extract

dietary supplement 1 ounce

HBNaturals
PRODUCT INFORMATION PAGE



ingredients

Organic Cayenne Pepper (Capsicum annuum), water & organic alcohol

responsible cautions

- Avoid contact with eyes and mucous membranes.
- Keep out of reach of children and pets.
- Consult with a physician before use if you have a serious medical condition or use prescription medications.
- A doctor's advice should be sought before using this and any supplemental dietary product.
- Store away from sunlight, at room temperature, with the lid securely tightened

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product summary

Cayenne Peppers (Capsicum annuum) belong to the nightshade plant family along with tomatoes, eggplant, and potatoes. Nightshades are unique because they contain small amounts of alkaloids, organic substances that act directly on the central nervous system in the human body and also affect nucleic acid, DNA, RNA, membrane permeability, and proteins.*

Cayenne Peppers are a moderately hot type of chili pepper, and have been used for centuries in both cooking and natural medicine. Cayenne gets its hot, spicy flavor mainly from a substance known as capsaicin.*

Cayenne is very common in Cajun and Creole cuisine, and is widely used in both Ayurveda and Traditional Chinese Medicine for digestive and circulatory concerns.*

Cayenne Peppers are an excellent source of antioxidants and other plant compounds that can protect our cells and promote health. They support a healthy immune system, can assist the body in fighting infections and allergies, and nourish both skin and hair.*

Studies suggest that Cayenne Peppers, thanks in part to their high potassium content, may assist in regulating blood pressure, reducing the likelihood of hypertension, and decreasing the risk of stroke. The potassium levels may also help reduce kidney stones and bone loss due to aging.*

Research also indicates that the capsaicin in Cayenne Peppers stimulates the nerves in the stomach that produce digestive fluids, which promotes healthy digestion. It may even help prevent the most common type of stomach ulcers which are caused by the H. pylori bacteria.*

directions

- Add 10 to 20 drops (approx. 1/16 tsp.) to water or juice several times each day, as needed.*

BLACK SEED OIL

NIGELLA SATIVA

Country of Origin: Egypt
Cold Pressed from seeds
Dark amber
Minimum 5% Thymoquinone



HOW WE SOURCE

Black seed oil is only as good as how it is grown, pressed, and kept. We source our black seed oil from regions where Nigella sativa has been cultivated and used for generations - not as a supplement trend, but as a daily oil. The seeds are grown in their traditional climates, where soil, sun, and growing conditions are well suited to the plant.

Black Seed oil (Nigella sativa), also known as Black Cumin or the "Blessed Seed," is a nutrient-rich oil known for its powerful health benefits. Its key compound, thymoquinone, offers antioxidant, anti-inflammatory, and immune-supporting properties. Used for centuries across many cultures, it supports digestion, respiratory health, balanced blood sugar, and skin wellness.

FUNCTIONAL CONSTITUENTS

Thymoquinone	The primary active compound in Black Seed oil (Nigella sativa) is known for its powerful health benefits. It has been extensively studied for its antioxidant, anti-inflammatory, and immune-boosting properties, and shows promise in supporting respiratory health, blood sugar balance, and cellular protection
Clinical Studies:	https://pmc.ncbi.nlm.nih.gov/articles/PMC5633670/ https://pubmed.ncbi.nlm.nih.gov/29962349/ https://pubmed.ncbi.nlm.nih.gov/27364039/ https://pubmed.ncbi.nlm.nih.gov/37605475/

OUR BLACK SEED IS:

- Cold-pressed only, never solvent extracted
- Unrefined and undeodorized
- Pressed in small batches to preserve freshness
- Stored in dark glass to protect the oil
- Treated as a food-grade oil, not a pharmaceutical isolate

Nothing is standardized. Nothing is stripped away. We look for oil that is naturally aromatic and peppery, signs that the seed was fresh and the pressing gentle. Flat or neutral oil is often a sign of age or over-processing, and we avoid it.

WHAT TO LOOK FOR VS. WHAT TO AVOID

These signs point to careful sourcing and gentle handling:

- Cold-pressed oil*
- Recently pressed, fresh batches*
- Stored in dark glass*
- Whole oil, left as nature made it*
- Peppery, slightly bitter, aromatic flavor*

These are often signs the oil has been over-processed or poorly stored:

- Solvent-extracted oils*
- Old inventory pressed years ago*
- Clear or plastic bottles*
- Deodorized or standardized oils*
- Flat, neutral, or lifeless taste*

WHAT IT SUPPORTS

- Immune steadiness and resilience*
- Digestive comfort*
- Inflammatory balance*
- Respiratory ease*
- Skin and overall vitality*

ZILARA
wake the cell • restore the body • feel alive

MANUFACTURED BY:
Green Organics, LLC
DISTRIBUTED BY:
Zilara

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Cincinnati, OH 45245
v042026: 1/2

Zilara.com
HBNaturals.com

WHAT TO LOOK FOR VS. WHAT TO AVOID

What to look for in any black seed oil :

- Cold-pressed*
- Recently pressed, fresh batches*
- Stored in dark glass*
- Whole oil, left as nature made it*
- Peppery, slightly bitter, aromatic flavor*

What to avoid:

- Solvent-extracted oils*
- Old inventory pressed years ago*
- Clear or plastic bottles*
- Deodorized or standardized oils*
- Flat, neutral, or lifeless taste*

WHY WE DON'T USE CAPSULES

Black Seed Oil has traditionally been used as an oil. Capsules change how the oil is produced, stored, and experienced.

Capsules require extra processing
To make black seed oil suitable for encapsulation, the oil is often filtered more aggressively, deodorized to reduce taste, and stabilized to extend shelf life. Each step moves the oil further from its whole, natural state.

Freshness is harder to preserve.
Capsules sit in inventory for long periods. They mask signs of oxidation. They prevent you from tasting or smelling the oil.

The body recognizes oils differently than pills.
Oils are traditionally taken with food. Capsules delay contact with taste and digestion, remove sensory feedback, and turn a food-grade oil into a supplement experience.

Taste is a quality signal.
Peppery, slightly bitter flavor is a sign of fresh black seed oil. Capsules remove that signal entirely.

Convenience often comes at the cost of freshness, integrity, and connection.

USAGE SUGGESTIONS

Black Seed Oil is taken with or after food. May be followed with a sip of water or tea. Build up gradually.

ADULTS	• Days 1–7: Up to 10 drops once daily.* • Days 8–14: 5–10 drops twice daily.* • Ongoing: 10–20 drops twice daily.*
CHILDREN 12 & UP	• Days 1–7: 1–5 drops once daily.* • Days 8–14: 2–5 drops twice daily.* • Ongoing: 5–10 drops twice daily.*
CHILDREN 6 & UP	• Days 1–7: ½ to 2 drops once daily.* • Days 8–14: 1–3 drops twice daily.* • Ongoing: 1–3 drops twice daily.*

CAUTIONS

- Safety Group 2: Generally regarded as safe when used as directed with children over the age of 3 years, and while pregnant starting in the 2nd trimester.
- May increase the effect of anticoagulant drugs.
- Keep out of reach of children.
- Store in a cool, dark place. Do not heat.
- Do not use if the seal is missing or broken.
- A doctor's advice should be sought before using this and any supplemental dietary product.

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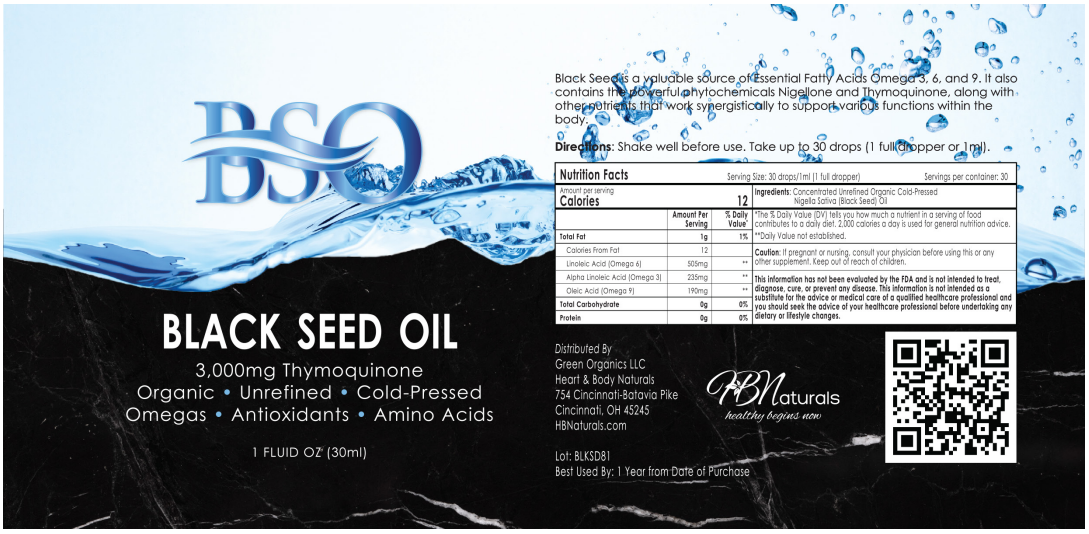

LEMON

Lemon

citrus limon 10ml

goDesana

Product Information Page



An amazing cleanser and purifier, Lemon has been known to be antiviral and anti-infectious. As a result, it is considered the #1 Essential Oil to kill bacteria.*

According to Dr. Jean Valnet, when tested against other Essential Oils for airborne germs, Lemon came out as the number one disinfectant for the air.*

It is also very effective added to household cleaners; it imparts a fresh smell to the kitchen and bathroom while eliminating germs. Add to the dishwasher, laundry, or household cleaners to boost to their disinfectant abilities. Combine with baking soda for a great scouring powder on sinks and counter-tops.*

Add to food to enhance the flavor of desserts, main dishes, or cool, refreshing drinks. Taking Lemon internally can provide cleansing and digestive benefits.*

uses

aromatic

- **Diffusion**: Diffuse 10 to 15 drops in a cool mist essential oil diffuser in 15 minute intervals as needed throughout the day to sanitize the air and create an energizing, uplifting environment.*

bath

- **Bath**: Mix 8 to 10 drops in ½ cup of Pink Himalayan or Dead Sea bath salt and add to a warm tub of water for an invigorating bath.*

environmental

- **Cleaning**: Add to household cleaners to boost cleaning power.*

internal

- **Water**: Add 1-2 drops to drinking water for a refreshing burst of citrus flavor.*

topical

- **Nails**: Apply 1 drop neat (undiluted) to strengthen fingernails.*

topical dilution guidelines

- **Healthy individuals ages 10 and over**: Dilute to 10% (60 drops per 1 ounce of carrier oil).*
  - **Children 3 to 5 years**: Dilute 3 drops in 10 ml of carrier oil.*
  - **Children 5 to 10 years**: Diluate 6 drops in 10 ml of carrier oil.*
  - **Pregnancy**: Safe when used as directed starting in the 2nd trimester at 3% dilution(15 drops/1 ounce).*

application methods

Aromatic • Bath • Internal • Topical

safety group: 2

Generally regarded as safe when properly diluted and used as directed with children over the age of 3 years, and while pregnant starting in the 2nd trimester.

properties

Organic
Producing Organ: *Peel*
Extraction: *Cold Expression*
Country of Origin: *Italy*
Main Chemical Constituents: *Limonene, terpinene, pinenes*
Therapeutic Properties: *Anti-anemic, antimicrobial, antirheumatic, antisclerotic, antiscorbutic antiseptic, antispasmodic, antitoxic, astringent, bactericidal, carminative, cicatrizant, depurative, diaphoretic, diuretic, febrifuge, hemostatic, hypotensive, insecticidial, rubefacient, stimulates white corpuscles, tonic, vermifuge*

responsible cautions

- Lemon essential oil is non-toxic (if organic), and non-irritant. It will however cause the skin to sunburn if exposed to the sun right after application; you should wait several hours, keeping the skin covered, before exposing skin to sunlight.
- Keep out of reach of children and pets.
- If you are pregnant, nursing, or under a doctor's care, consult your healthcare provider prior to use.
- Store away from sunlight, at room temperature, with the lid securely tightened.

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VITALITEA

Superfood Infused
Herbal Tea for Whole Body Detox



VitaliTEA is a multi-herb infusion traditionally used to support digestive balance, gentle elimination, and daily energy through plant-based compounds. Crafted from a broad spectrum of botanicals including green, oolong, and matcha teas alongside roots, spices, and calming herbs, it delivers a naturally complex matrix of phytonutrients such as polyphenols, flavonoids, terpenes, and plant alkaloids. These compounds are water-extracted through extended steeping, creating a rich, bioavailable infusion that is traditionally used to support digestive flow, nutrient assimilation, and metabolic activity.

Unlike quick-steep teas, VitaliTEA is designed for time and depth. As the herbs steep, they release a wider range of water-soluble compounds, resulting in a more complete extraction that reflects how herbal infusions have been prepared in traditional wellness practices. The result is a tea that works with the body's natural processes - supporting internal balance, digestive rhythm, and sustained, steady energy without overstimulation.

FUNCTIONAL CONSTITUENTS

Polyphenols	Naturally occurring plant compounds found in green, matcha, and oolong teas. Polyphenols are widely studied for their antioxidant activity and are used to support cellular balance, metabolic function, and overall vitality.
Flavonoids	A diverse class of phytonutrients present across many of the herbs in VitaliTEA. Flavonoids contribute to the tea's antioxidant profile and are traditionally used to support circulation, digestive function, and the body's natural detoxification processes.
Volatile & Aromatic Compounds	Compounds such as terpenes and essential oil components found in spices and herbs like ginger, fennel, cardamom, and clove. These constituents are traditionally used to support digestive flow, reduce occasional discomfort, and enhance the overall absorption and experience of the infusion.
Clinical Studies:	https://pmc.ncbi.nlm.nih.gov/articles/PMC10978763/ https://pubmed.ncbi.nlm.nih.gov/30881359/ https://pubmed.ncbi.nlm.nih.gov/35413752/ https://pubmed.ncbi.nlm.nih.gov/34098806/

HOW WE SOURCE

Herbal teas vary widely in quality depending on plant selection and processing. Many blends rely on low-grade material, artificial flavors, or overly processed ingredients that limit their effectiveness.

We source VitaliTEA using organic herbs selected for their traditional use and phytochemical diversity. Each botanical is carefully dried and cut to preserve its natural structure and water-soluble compounds for a more complete extraction during steeping.

The result is a clean, balanced infusion made from leaves, roots, flowers, and spices - crafted to reflect both traditional herbal practice and modern quality standards..

OUR VITALITEA IS:

- Organic botanical blend
- Multi-herb infusion of leaves, roots, and spices
- Free from artificial flavors and fillers
- Selected for phytochemical diversity
- Balanced for extended steeping

We do not use synthetic flavoring, low-grade sweepings, powdered fillers, or artificially boosted tea blends.

WHAT TO LOOK FOR VS. WHAT TO AVOID

Look For:

- Organic herbal blends*
- Whole or properly cut botanicals*
- Diverse multi-herb formulas*
- Clean, natural aroma*
- Clear, transparent sourcing*

Avoid:

- Artificial flavors/sweeteners*
- Powdered/dusty plant material*
- Low-grade tea sweepings*
- Overly bitter or flat taste*
- Unclear/undisclosed sourcing*

HOW TO USE VITALITEA

VitaliTEA is prepared as a long-steep infusion rather than a quick cup of tea. This extended steeping allows a broader range of water-soluble plant compounds to be released.

Many prefer to prepare a full batch in the morning or the night before, then sip it gradually throughout the day. It is commonly used as part of a daily routine or during periods when digestive support is desired.

Stillroom Use Notes

VitaliTEA works best when prepared consistently and allowed adequate time to steep. A slower preparation yields a more complete infusion and a more balanced overall profile.

USAGE SUGGESTIONS

- Bring 4 cups of water to a boil, then remove from heat.
- Add 1 teaspoon of VitaliTEA and cover.
- Steep a minimum of 2 hours, or up to 12 hours for deeper extraction.
- Strain and refrigerate. May be enjoyed hot or cold.
- Drink the full quart throughout the day, preferably before 4:00 pm.*

Supplement Facts **Serving Size**: 1 teaspoon

	Amount Per Serving	%DV
Calories	0	
Calories from fat	0	
Total Fat	0g	0%
Saturated Fat	0g	0%
Trans Fat	0g	
Total Carbohydrate	0g	0%
Dietary Fiber	0g	0%
Sugars	0g	
Protein	0g	0%
Vitamin A	0g	0%
Vitamin C	0g	0%
Calcium	0g	0%
Iron	0g	0%

Ingredients: Organic Green Tea, Organic Matcha Green Tea, Organic Oolong Tea, Organic Red Clover Herb, Organic Passionflower, Organic Cacao Nibs, Organic Cinnamon Bark, Organic Yerba Mate, Organic Licorice Root, Organic Burdock Root, Organic Chamomile Flowers, Organic Eleuthero Root, Organic Lemon Peel, Organic Alfalfa, Organic Ginger Root, Organic Clove

Important information: This is not a medicinal product. If in doubt consult a doctor before taking food supplements. Food supplements must not be used as a substitute for a varied & balanced diet & a healthy lifestyle. If you are pregnant, breastfeeding, or on any medication, please consult a doctor before use. Store in a cool dry place. Keep away from children. Discontinue use if any adverse reactions occur.

Allergy information: This product is manufactured in a facility that produces other products which may contain soy, dairy, wheat, tree nuts, shellfish, fish, peanuts, and eggs and may contain traces of all of the above.

**Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.*
†Daily Value not established.

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VITALITEA IN THE STILLROOM

VitaliTEA holds a functional place in the stillroom. It is not used as a quick stimulant or occasional cleanse, but as a steady infusion worked into daily rhythm.

Prepared in larger batches and taken throughout the day, it is traditionally used to support digestive flow, elimination, and steady energy without sharp peaks or sudden drops. It is often used during periods of dietary reset or when digestion needs added support.

In the stillroom, VitaliTEA is treated as a working tea, steeped with intention and used regularly rather than sporadically. Its role is supportive and cumulative, building over time as part of a grounded daily practice.

WHAT IT SUPPORTS

VitaliTEA is traditionally used to support the body through digestion, elimination, and daily metabolic activity. As a multi-herb infusion, it works across systems rather than targeting a single function. When used consistently, it supports:

- Digestive flow and regular elimination*
- Natural detoxification processes*
- Metabolic activity and energy levels*
- Nutrient absorption and utilization*
- Gut environment and digestive balance*

VitaliTEA is not used for quick or extreme results. It works best when used consistently as part of a daily routine that supports balance, rhythm, and the body's natural processes.

CAUTIONS

- Safety Group 3: Never recommended for children or while pregnant or nursing.
- Keep out of reach of children.
- A doctor's advice should be sought before using this and any supplemental dietary product.

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