

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*



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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.		
These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.		

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.

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.