



## Kava Brahmi Inner Calm

WELLNESS TEA

RESPONSIBLY HANDCRAFTED

### INGREDIENTS

Kava kava root, Bacopa monnieri aerial parts, Scutellaria lateriflora aerial parts in flower, Ocimum tenuiflorum aerial parts, Passiflora incarnata aerial parts in flower, Escholzia californica whole plant in flower, Silybum marianum seed, Melissa officinalis aerial parts

### INFUSION INSTRUCTIONS:

1 heaping teaspoon per 8-10 oz. water.  
Boil water, add herbs and cover.  
Steep 5-15 minutes, strain, and enjoy!

**LOOSE LEAF**  
**CAFFEINE FREE**

Net Wt. 2 oz.  
Lot #