



## Numi's Ultimate Guide to Herbal Teas – Your Go-To for All things Herbal

*Discover the world and benefits of herbal teas and how to brew a perfect cup!*

Herbal teas have been drunk and cherished for centuries for their comforting warmth and remarkable health benefits. Whether you're a seasoned tea lover or new to the world of herbal blends, this guide will walk you through everything you need to know. From understanding different plants and their benefits to Numi's unique method of blending to deliver both a flavorful and functional cup, you will become your own guide to better health!

### The Difference Between Teas and Herbal Teas

Firstly we need to distinguish the difference between teas and herbal teas. Technically, "tea", comes from a single plant, the *Camellia sinensis*. This evergreen bush grows predominantly in Southeast Asia and yields over 2,000 types of white, green, oolong, black and pu-erh teas, depending on how the leaves are harvested and processed. All else – anything else steeped in hot water is considered an herbal tea. We, at Numi, coined the term [herbal "teasans"](#), derived from the French "*tisanes*" for brewed herbal beverages; or *teasans*: without tea.

### What Constitutes an Herbal Tea?

Herbal Teas are any plant or combination of plants that can be steeped in hot water and enjoyed like a tea. These infusions include: dried herbs, fruits, flowers, roots and spices, which have been steeped in hot water since the beginning of time and drunk as a warm soothing beverage or invigorating boost to the day. Unlike traditional tea from the *Camellia sinensis* plant, herbals do not contain caffeine. They are naturally caffeine-free, making it a versatile choice for any time of day. The only exception is Yerba Mate which contains mateine, a compound in the plant that provides a certain type of energy. Grown all over the world, herbal teasans offer different flavors and provide a plethora of health benefits.

### Why People Choose Herbal Tea:

- **Flavor:** Depending on the herb, flavors range from cooling, spicy, tart, to earthy
- **Caffeine-free:** Can be enjoyed any time of day or night
- **Wellbeing:** Known to have a variety of benefits - calming, digestive, warming, soothing



## Comprehensive Guide to Plants, their Benefits, and their Specific Functions in the Body

*Matched to corresponding Numi Herbal Tea Blends*

Benefit Category	Plant	Specific Function in the Body	Numi Herbal Blend
Digestive Aid	Mint	Packed with therapeutic compounds, such as L-menthol that has muscle-relaxing properties, thus relieving feelings of nausea, stomach cramps and bloating. Source: <a href="https://www.health.com/mint-benefits-8661009">https://www.health.com/mint-benefits-8661009</a>	<a href="#">Numi Moroccan Mint</a>
	Chamomile	Has antispasmodic properties that may help relax the stomach muscles, reducing feelings of nausea, stomach discomfort and cramps, and indigestion. Source: <a href="https://www.healthline.com/nutrition/5-benefits-of-chamomile-tea#takeaway">https://www.healthline.com/nutrition/5-benefits-of-chamomile-tea#takeaway</a>	<a href="#">Numi Chamomile Lemon</a>
	Ginger	Gingerol, the main bioactive compound in ginger root, benefits gastrointestinal motility by helping to moving food through the digestive tract, encouraging efficient digestion and easing feelings of nausea and bloating. Source: <a href="https://www.hopkinsmedicine.org/health/wellness-and-prevention/ginger-benefits#:~:text=Ginger%20is%20not%20just%20delicious,as%20long%20in%20the%20out.">https://www.hopkinsmedicine.org/health/wellness-and-prevention/ginger-benefits#:~:text=Ginger%20is%20not%20just%20delicious,as%20long%20in%20the%20out.</a>	<a href="#">Numi Ginger Lemon</a>
Relaxation & Calm / Stress & Anxiety Relief / Sleep	Chamomile	Contains apigenin, an antioxidant that binds to certain receptors in your brain that may promote sleepiness and reduce insomnia. Source: <a href="https://www.healthline.com/nutrition/5-benefits-of-chamomile-tea#takeaway">https://www.healthline.com/nutrition/5-benefits-of-chamomile-tea#takeaway</a>	<a href="#">Numi Chamomile Lemon</a>
	Rooibos	Has relaxant effect on the body because its polyphenols: aspalathin and nothofagin interfere with the production of cortisol. Source: <a href="https://www.webmd.com/diet/health-benefits-rooibos">https://www.webmd.com/diet/health-benefits-rooibos</a>	<a href="#">Numi Rooibos</a> <a href="#">Numi Rooibos Chai</a> <a href="#">Numi Chocolate Rooibos</a>
	Passion Flower	Scientists believe compounds in passionflower act on levels of the inhibitory transmitter in the brain called gamma aminobutyric acid or GABA. Increased levels of GABA lowers the activity of some brain cells, thereby slowing information into your nervous system to keep you from feeling overwhelmed. Source: <a href="https://www.mountsinai.org/health-library/herb/passionflower">https://www.mountsinai.org/health-library/herb/passionflower</a>	<a href="#">Numi De-Stress</a> <a href="#">Numi Sweet Slumber</a>
	Lemon Balm	Used as a calming herb to reduce stress as far back as the Middle Ages. It contains plant chemicals called terpenes, which play at least some role in the herb's relaxing effects. Source: <a href="https://www.mountsinai.org/health-library/herb/lemon-balm">https://www.mountsinai.org/health-library/herb/lemon-balm</a>	<a href="#">Numi De-Stress</a>
	Kanna	Succulent plant that grows in South Africa and has been used by Indigenous tribes for hundreds of years for stress resilience, mood balance and cognitive flexibility. Source: <a href="https://pmc.ncbi.nlm.nih.gov/articles/PMC8124331/">https://pmc.ncbi.nlm.nih.gov/articles/PMC8124331/</a>	<a href="#">Numi De-Stress</a>
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	Valerian Root	Often referred to as "nature's Valium," compounds in valerian can act on gamma aminobutyric acid (GABA) in the brain, a neurotransmitter responsible for sleep regulation. Research suggests that valerian root may reduce the amount of time it takes to fall asleep, as well as improve sleep quality and quantity. Source: <a href="https://www.healthline.com/nutrition/valerian-root#potential-benefits">https://www.healthline.com/nutrition/valerian-root#potential-benefits</a>	<a href="#">Numi Sweet Slumber</a>
	Hops	Plant known for its use in making beer. Various components found in hops are thought to have mild sedative properties.* The combination of hops, valerian root and passionflower is used in many sleep aid supplements. Source: <a href="https://mindbodygreen.com/articles/hops-benefits-uses-and-side-effects?srltid=AfmBOorNYz7qknWNiIdrPgMGwl0Gao9bSIN2Ed7J7qpbBKMgzqKTQ84e">https://mindbodygreen.com/articles/hops-benefits-uses-and-side-effects?srltid=AfmBOorNYz7qknWNiIdrPgMGwl0Gao9bSIN2Ed7J7qpbBKMgzqKTQ84e</a>	<a href="#">Numi Sweet Slumber</a>
	Damiana	Central nervous system relaxant, damiana helps regulate feelings of anxiety and physical stress. It contains the phytochemical apigenin, which studies have shown to both relax smooth muscle and reduce pain. Source: <a href="https://numitea.com/blogs/news/benefits-of-damiana">https://numitea.com/blogs/news/benefits-of-damiana</a>	<a href="#">Damiana Relax</a>



<b>Antioxidant Powerhouse</b>	Rooibos	Rich in antioxidant, aspalathin, that interacts with and neutralize free radicals, thus preventing them from causing damage to tissues and cells in the body. Source: <a href="https://www.webmd.com/diet/health-benefits-rooibos">https://www.webmd.com/diet/health-benefits-rooibos</a>	<a href="#">Numi Rooibos</a> <a href="#">Numi Rooibos Chai</a> <a href="#">Numi Chocolate Rooibos</a>
	Honeybush	Rich in group of antioxidants called polyphenols, namely xanthenes and flavanones which help protect your body's immune system against damaging free radicals and are attributed with anti-inflammatory effects. Source: <a href="https://www.healthline.com/nutrition/honeybush-tea">https://www.healthline.com/nutrition/honeybush-tea</a>	<a href="#">Numi Honeybush</a>
	Hibiscus	Packed with antioxidants, molecules that help prevent damage and disease caused by the buildup of free radicals in the body. Source: <a href="https://www.healthline.com/nutrition/hibiscus-tea-benefits">https://www.healthline.com/nutrition/hibiscus-tea-benefits</a>	<a href="#">Numi Hibiscus</a>
<b>Antioxidant Powerhouse</b>	Dandelion	Rich in beta-carotene and Vitamin C, powerful antioxidants. Source: <a href="https://www.healthline.com/health/ways-dandelion-tea-could-be-good-for-your#weight-loss">https://www.healthline.com/health/ways-dandelion-tea-could-be-good-for-your#weight-loss</a>	<a href="#">Numi Dandelion Detox</a>
	Nettle	Contains powerful antioxidants. Source: <a href="https://www.healthline.com/health/food-nutrition/nettle-tea#how-to-make-nettle-tea">https://www.healthline.com/health/food-nutrition/nettle-tea#how-to-make-nettle-tea</a>	<a href="#">Numi Dandelion Detox</a>
<b>Anti-Inflammatory</b>	Turmeric	Its active ingredient, curcumin, gives turmeric its superfood status. An antioxidant, the phytonutrient helps protect the body by neutralizing free radicals and shielding the cells from damage. Turmeric is mostly known for its anti-inflammatory properties, and used for joint pain relief. Source: <a href="https://health.clevelandclinic.org/turmeric-health-benefits">https://health.clevelandclinic.org/turmeric-health-benefits</a>	<a href="#">Turmeric Amber Sun</a> <a href="#">Turmeric Three Roots</a> <a href="#">Turmeric Golden Tonic</a>
<b>Weight Management</b>	Hibiscus	Several studies show the potential of hibiscus tea to promote weight loss due to anthocyanins, compounds in hibiscus that reduce the size of fat cells. Source: <a href="https://www.healthline.com/nutrition/hibiscus-tea-benefits">https://www.healthline.com/nutrition/hibiscus-tea-benefits</a>	<a href="#">Numi Hibiscus</a>
	Butterfly Pea flower	Rich in anthocyanins, antioxidants responsible for its unique blue color. Its benefits range from healthy skin and hair, blood sugar regulation and weight management. Source: <a href="https://www.healthline.com/nutrition/butterfly-pea-flower-benefits#what-it-is">https://www.healthline.com/nutrition/butterfly-pea-flower-benefits#what-it-is</a>	<a href="#">Numi Damiana Relax</a>
	Dandelion	Studies show dandelion may help manage blood sugar and aid in weight management. Source: <a href="https://www.healthline.com/health/ways-dandelion-tea-could-be-good-for-your#weight-loss">https://www.healthline.com/health/ways-dandelion-tea-could-be-good-for-your#weight-loss</a>	<a href="#">Numi Dandelion Detox</a>
	Nettle	May help lower blood sugar levels. Source: <a href="https://www.healthline.com/health/food-nutrition/nettle-tea#how-to-make-nettle-tea">https://www.healthline.com/health/food-nutrition/nettle-tea#how-to-make-nettle-tea</a>	<a href="#">Numi Dandelion Detox</a>
	Milk Thistle	Often promoted to support healthy liver function. Studies also show signs of lowering blood sugar levels. Source: <a href="https://www.healthline.com/nutrition/milk-thistle-benefits#TOC_TITLE_HDR_2">https://www.healthline.com/nutrition/milk-thistle-benefits#TOC_TITLE_HDR_2</a>	<a href="#">Numi Dandelion Detox</a>
<b>Detox</b>	Dandelion	Acts as a diuretic, gently flushing toxins through the kidneys, increasing urine output and may ease feelings of being bloated. Dandelion root has detoxifying actions on the liver and colon; and may help to regulate bowel movements. Source: <a href="https://www.healthline.com/health/ways-dandelion-tea-could-be-good-for-your#weight-loss">https://www.healthline.com/health/ways-dandelion-tea-could-be-good-for-your#weight-loss</a>	<a href="#">Numi Dandelion Detox</a>
	Nettle	May help flush harmful bacteria from the urinary tract, lower blood sugar levels and contain powerful antioxidants. Source: <a href="https://www.healthline.com/health/food-nutrition/nettle-tea#how-to-make-nettle-tea">https://www.healthline.com/health/food-nutrition/nettle-tea#how-to-make-nettle-tea</a>	<a href="#">Numi Dandelion Detox</a>
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	Mint	Menthol in peppermint works as a decongestant, shrinking swollen membranes in the nose and making it easier to breathe. It also helps loosen mucus that has collected in the lungs. Source: <a href="https://www.uchealth.org/today/the-power-of-peppermint/">https://www.uchealth.org/today/the-power-of-peppermint/</a>	<a href="#">Numi's Congest Away</a>
	Fennel	Long been used as a medicinal plant for its health-protective antioxidants and valuable antimicrobial, antiviral, anti-fungal, and anti-inflammatory compounds. Source: <a href="https://www.health.com/nutrition/fennel-benefits">https://www.health.com/nutrition/fennel-benefits</a>	<a href="#">Numi's Congest Away</a>
	Ginger	Gingerol is the main bioactive compound in ginger, which is responsible for its powerful anti-inflammatory and antioxidant effects. Source: <a href="https://www.healthline.com/nutrition/11-proven-benefits-of-ginger#11-health-benefits">https://www.healthline.com/nutrition/11-proven-benefits-of-ginger#11-health-benefits</a>	<a href="#">Numi's Congest Away</a>
<b>Mood Boosting &amp; Cognitive Function / Focus</b>	Damiana	Acts as a central nervous system relaxant, helping to regulate feelings of anxiety and physical stress. Damiana contains the phytochemical apigenin, which studies have shown to both relax smooth muscle and reduce pain. source: <a href="https://numitea.com/blogs/news/benefits-of-damiana">https://numitea.com/blogs/news/benefits-of-damiana</a>	<a href="#">Damiana Uplift</a>



	Ginkgo Biloba	Used in traditional Chinese medicine for centuries to improve memory and support brain health. Source: <a href="https://www.webmd.com/vitamins-and-supplements/benefits-ginkgo-biloba">https://www.webmd.com/vitamins-and-supplements/benefits-ginkgo-biloba</a>	<a href="#">Damiana Focus</a>
	Lion's Mane	Used in traditional Chinese medicine to promote nerve growth and regenerate brain cells in the hippocampus, a region of the brain that processes memories and emotional responses. Source: <a href="https://www.healthline.com/nutrition/lions-mane-mushroom#depression-and-anxiety">https://www.healthline.com/nutrition/lions-mane-mushroom#depression-and-anxiety</a>	<a href="#">Damiana Focus</a>
Cold & Flu Symptoms	Licorice	Licorice root's active compound, glycyrrhizin, reduces inflammation and can have soothing effects on the throat. It also has demulcent properties, which means it can coat the throat and alleviate irritation. Source: <a href="https://www.healthline.com/nutrition/licorice-root">https://www.healthline.com/nutrition/licorice-root</a>	<a href="#">Numi Throat Soother</a>
	Marshmallow Root	Marshmallow root's high mucilaginous content acts as an enzyme to loosen mucous and inhibit bacteria, making it a useful remedy for treating coughs and colds. Source: <a href="https://www.healthline.com/health/food-nutrition/marshmallow-root#gastric-ulcers">https://www.healthline.com/health/food-nutrition/marshmallow-root#gastric-ulcers</a>	<a href="#">Numi Throat Soother</a>
	Sage	Known to have antibacterial, antiviral, antimicrobial, and anti-inflammatory properties and has been used for centuries to treat sore throats, coughs, and inflammation in the mouth. Source: <a href="https://www.verywellhealth.com/add-flavor-and-lower-cholesterol-with-sage-4069887">https://www.verywellhealth.com/add-flavor-and-lower-cholesterol-with-sage-4069887</a>	<a href="#">Numi Throat Soother</a>
Immunity	Echinacea	Numerous studies on echinacea have found that it may help the immune system by combatting infections and viruses, which could increase the speed of recovery from flu & cold. Source: <a href="https://www.verywellhealth.com/add-flavor-and-lower-cholesterol-with-sage-4069887">https://www.verywellhealth.com/add-flavor-and-lower-cholesterol-with-sage-4069887</a>	<a href="#">Numi Immune Boost</a>
	Dandelion	Studies show that dandelions have both antiviral and antibacterial properties, thereby boosting the immune system. Dandelions also contains beta-carotene, an antioxidant that helps protect cells from damage. Source: <a href="https://www.medicalnewstoday.com/articles/324083">https://www.medicalnewstoday.com/articles/324083</a>	<a href="#">Numi Immune Boost</a>
	Elder Flower & Berry	Various studies have shown that flowers and berries from the black elder tree or shrub can have soothing effects on cold & flu symptoms, including: reduction in cough, fever, muscle aches, nasal congestion, and headache. Source: <a href="https://www.health.com/elderflower-benefits-8630549">https://www.health.com/elderflower-benefits-8630549</a>	<a href="#">Numi Immune Support</a>
	Thyme	Known to be an anti-inflammatory and antibacterial agent, while helping to alleviate coughing and other symptoms of acute bronchitis. Source: <a href="https://www.medicinenet.com/what_is_thyme_good_for/article.htm">https://www.medicinenet.com/what_is_thyme_good_for/article.htm</a>	<a href="#">Numi Immune Support</a>

## Numi's Approach to Herbal Teas

We approach herbals by first honoring where they came from and their traditional uses. Flavor and quality is paramount. We source 100% organic herbs, fruits, flowers and spices and create hundreds of combinations that we cup until we reach our final blend. We don't add any artificial or "natural" flavorings, allowing nature to speak for itself. Plus, the company's dedication to environmental and social responsibility ensures that every purchase supports a healthier planet.

## How to Brew the Perfect Cup of Herbal Tea

### 1. Choose Quality Tea

Always start with high-quality herbal tea, like Numi's organic blends.

### 2. Use Fresh Water

Use filtered water for the best taste.

### 3. Steep Time

Most herbal teas require 5-7 minutes of steeping. Check the packaging for specific instructions. Note: because herbal teas do not contain caffeine, you can leave your tea bag in hot water for as long as you like.



#### **4. Enhance the Flavor**

Add honey, lemon, or a splash of milk to elevate your tea.

We hope that this guide can help you choose the right herb or herbal blend for the function you are wanting to address. While tea can have medicinal benefits, it offers so much more than a bodily benefit. The slowing-down ritual of making tea brings more intention, mindfulness and presence. Numi's blends are made to taste great so your tea sipping experience is soothing and pleasurable. And, finally, when choosing Numi, you're not just drinking tea—you're making a conscious choice for your well-being and the world.