

## **Unitea Herbal Tea Blend**

**Though herbal teas are used by many, there are situations that may not be safe or suitable. First, always be sure to speak with your doctor or herbalist and let them know what medications/herbs you are taking or might take. There are also many herbs said to not be used by pregnant women or with certain medications and are still being used with no contradictions. PLEASE DO YOUR RESEARCH.**

### **Supposable contradictions:**

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**Rose buds/flowers: may interact with certain medications, like blood thinners or antidepressants. There is no research into rose tea's safety for pregnant women. Consuming too much Vitamin C in your diet can cause diarrhea, nausea, headaches, and heartburn.**

**Spearmint tea: might increase kidney damage. Using large amounts of spearmint tea might make kidney disorders worse. Liver disease: Spearmint tea might increase liver damage.**

**Lemon Verbena: some people might experience an itchy rash. Pregnancy and breast-feeding: There isn't enough reliable information to know if lemon verbena is safe to use when pregnant or breast-feeding. Stay on the safe side and avoid use.**

**Calendula: people who are allergic to plants in the daisy or aster family, including chrysanthemums and ragweed, may also have an allergic reaction to calendula (usually a skin rash). Pregnant and breastfeeding women should not use calendula.**

**Wholehearted Harmony**

