

## **Sincereitea 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:**

**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.**

**Rose tea 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.**

**Peppermint: not recommended for people taking medication for diabetes or blood pressure issues. Peppermint may help to promote good kidney function, but it's not recommended for people who have kidney stones.**

**rosehips: Individuals with a history of kidney stones or high oxalate levels should exercise caution or avoid excessive rosehip tea consumption. Pregnancy and Breastfeeding: Pregnant and breastfeeding women should consult with a healthcare professional before adding rosehip tea to their diet**

**Wholehearted Harmony**

