



# MONO HERBAL TEAS





## Philosophy

Next to modernization orientations of the XXI. century, the healthy way of life plays an important role in the life of the people. The naturalism and the importance of herbal active agents is increasing in the appropriate lifestyle building, while herbs and active agents is increasing in the appropriate lifestyle building, while herbs and medicinal plant preparations receive a highlighted place in its maintenance.

Herbária Co.Ltd has more than 70 years manufacturing experience. We focus on the traditional therapy and on the most up-to-date research results in the development and manufacturing of our products.

We present a wide scale of teas, starting from the one-component (so-called mono teas) packed in filters and bags, through the refreshing teas till the tea blends possessing medicinal functions. Quality assurance is guaranteed by the strictly controlled manufacturing process, and our wide commercial network makes it possible for people to reach this health-preserving power of nature.

Read the information indicated on the products and test Herbaria products!



## Black locust flowers

Robiniae flos

The tea made of locust has been collected and consumed as a herbal tea for a long time for its aromatic compounds.

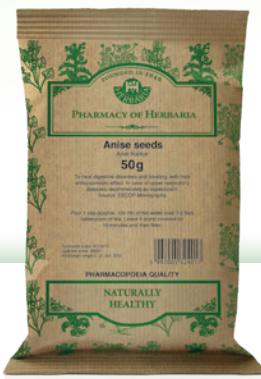


## Bean-pod

Phaseoli fructus sine semine | filter

Diuretic. For the treatment of urinary tract infections and problems, as well as a complementer to the blood sugar reducing therapy.

Source: HMPC monographs



## Anise seeds

Anisi fructus

For the treatment of digestive problems and flatulence. It has a mild sedative effect. It has an anticatharral effect in case of upper respiratory tract illnesses.

Source: ESCOP Monographs



## Purple coneflower -Echinacea

Echinacea purpurea herba | filter

Immunostimulant. Suitable for the prevention of cold-related, upper respiratory tract illnesses and urinary tract infections and as complementary treatment.

Source: WHO Monographs



## Pink rock-rose

filtered food supplement for tea drink

Pink rock-rose is an evergreen bush. It has been a widely known and used herb since antiquity. According to scientific literature, the extracts and herbal teas made from it have beneficial effects. Its curative power is due to its high polyphenol content. Antioxidants, this can support the immune system.



## Juniper-berry

Juniperi galbulus

It intensifies kidney functioning due to its diuretic effect. Its consumption is recommended for digestive problems.

Source: ESCOP Monographs



## Peppermint leaves

Menthae piperita folium | filter

It may be applied to treat digestive problems, wind-colic and gastritis.

Source: ESCOP Monographs



## Nettle leaves

Urticae folium | filter

Slightly diuretic. It intensifies the functioning of the kidneys in case of lower urinary tract diseases. It can also be applied complementarily to arthritis therapy and other rheumatic problems.

Source: ESCOP Monographs



## Rosehip, whole fruit

Rosae pseudo-fructus | filter

It can be applied as complementary treatment for cold-related illnesses. Contains Vitamin C.

Source: ESCOP Monographs



## Walnut leaf

Juglandis folium | filter

For the relief of mild inflammatory conditions of the skin. It may be used as antiperspirant for hands and feet.

Source: HMPC monographs

Its use is recommended for the external treatment of mild superficial inflammations of the skin.



## Rosehip, flesh

Rosae pseudo-fructus

It can be applied as complementary treatment for cold-related illnesses. Contains Vitamin C.

Source: ESCOP Monographs



## Passion flower

Passiflorae herba | filtered

It may be used in cases of tension, restlessness, irritability and difficulty sleeping.

Source: ESCOP Monographs



## White mistletoe

Visci albae stipes | filter

**It has a blood pressure regulating effect. It may be used as a supplementary treatment for high blood pressure under medical supervision.**



## White mustard seed

Sinapis albae semen

**A spice that may be used externally as a poultice to relieve rheumatic complaints. Prolonged use is contraindicated.**



## Wormwood herb

Absinthii herba

**Appetite stimulant. May be used in cases of loss of appetite following illness and to treat digestive disorders.**

**Source: ESCOP Monographs**



## Black elderflower

Sambuci flos | filter

**It has a diaphoretic effect in fever and colds and an expectorant effect in upper respiratory diseases.**

**Source: WHO Monographs**



## Blackcurrant leaf

*Ribis nigri folium*

Thanks to its diuretic action, it helps to flush the urinary tract, thereby helping to relieve symptoms. It can also be used to relieve mild joint pain.

Source: EMEA Monographs



## Spearmint leaf

*Menthae crispa folium*

Digestive stimulant, appetite stimulant, diaphoretic and antispasmodic. It may be used for colds. Its decoction can be made into a refreshing drink with a pleasant taste.



## Hawthorn leaf and flower

*Crataegi folium cum flore | filtered*

It may be used in cases of nervous cardiac complaints and to support a healthy heart function and the circulatory system.

Source: ESCOP Monographs



## Hawthorn fruit

*Crataegi fructus*

It may be used for cardiac complaints and to support a healthy heart function and circulation.

Source: ESCOP Monographs



## Ginseng root

Ginseng radix

It is used in cases of reduced mental and physical performance, weakness, fatigue and exhaustion. It is particularly recommended during the recovery period after illness.

Source: ESCOP Monographs



## Dandelion root

Taraxaci radix

It is used to treat digestive complaints, to promote normal liver and bile function and as an appetite stimulant.

Source: ESCOP Monographs



## Linden flowers

Tiliae flos | filter

It may be used to reduce the symptoms of colds and to treat the symptoms of mild mental stress.

Source: HMPC Monographs



## Hibiscus flower

Hibisci sabdariffae flos

Its decoction may be used to make a refreshing drink with a pleasant taste. Its vitamin C content may be beneficial to the body's resistance. Caffeine-free.



## Liquorice root

Liquiritiae radix

It may be used as an expectorant for bronchitis and coughs, and as a supplementary treatment for stomach and duodenal ulcers.

Source: ESCOP Monographs



## Chamomile flowers

Matricariae flos | filtered

Used internally for digestive complaints, mild stomach and intestinal cramps and flatulence. Externally, it may be used as a rinsing material for skin and mucous membrane inflammations and for gum and oral cavity inflammations, and as an inhalation for respiratory complaints.

Source: ESCOP Monographs



## Goldenrod herb

Solidaginis herba

It has a diuretic effect, used for mild urinary complaints.

Source: HMPC monographs



## Dill seed

Anethi fructus

It is a spice, may also be used as a tea.

It has a soothing effect, is suitable for relieving digestive complaints and relieving diarrhoea.

Source: WHO monographs



## Sweet flag root

Calami rhizoma

It is a digestive aid, appetite stimulant, diaphoretic and antispasmodic. Regulates gastric acid production. Large quantities are not recommended.



## Garden and Spanish thyme

Thymi herba | filtered

It may be used for upper respiratory tract infections, bronchitis, inflammation of the oral mucosa and against bad breath.

Source: ESCOP Monographs



## Bitter fennel fruit

Foeniculi amari fructus

It is used for indigestion, stomach cramps and flatulence. It has expectorant effects in upper respiratory tract diseases.

Source: EMEA Monographs



## Centaury herb

Centaurii herba

It increases the secretion of digestive enzymes, which makes it useful in cases of loss of appetite and in the treatment of digestive problems.

Source: ESCOP Monographs



## Willow herb

Epilobii herba | filtered

It may be used to relieve benign prostatic enlargement and to reduce symptoms of urinary tract inflammation.

Source: HMPC Monographs



## Hop strobile

Lupuli flos

Treats tension, restlessness and sleep disorders.

Source: ESCOP Monographs



## Calendula flowers

Calendulae flos | filtered

It may be used externally to treat inflammations of the skin and mucous membranes and to promote healing of minor wounds.

Source: ESCOP Monographs



## Yarrow herb

Millefolii herba | filtered

It may be used in cases of loss of appetite, indigestion, belly cramps. Externally for the relief of inflammations of the skin and mucous membranes, for the treatment of minor wounds and as a sitz bath for abdominal cramps.

Source: ESCOP Monographs



## St. John's wort

Hyperici herba | filtered

For the treatment of mild depressive complaints and to promote emotional balance.

Source: ESCOP Monographs

## Agrimony herb

Agrimoniae herba

It may be used for the treatment of mild diarrhoeal disorders, externally as an expectorant to relieve inflammation of the pharyngeal and oral mucosa.

Source: ESCOP Monographs



## Alder buckthorn bark

Frangulae cortex

It may be used for the treatment of acute constipation. Use is contraindicated under the age of 10 and during pregnancy and breast-feeding. Avoid prolonged use.

Source: ESCOP Monographs



## Corn silk

Maydis stigma

It has a diuretic and anti-inflammatory effect. It may be used in bladder infections and reduces the risk of kidney stone formation.



## Plantain leaf

Plantaginis lanceolatae folium | filtered

It may be used for respiratory tract infections and to relieve minor inflammations of the pharynx and oral mucosa.

Source: ESCOP Monographs



## Lavender flowers

Lavandulae flos | filtered

It may be used for anxiety, agitation, mood swings, sleeping difficulties and digestive complaints.

Source: ESCOP Monographs



## Valerian root

Valerianae radix

It may be used to relieve tension and anxiety and to reduce difficulty in falling asleep.

Source: ESCOP Monographs



## Coltsfoot leaf

Farfarae folium

In respiratory diseases it has anti-inflammatory and expectorant effects, reduces dry coughs and coughing spasms. Long-term use is not recommended.



## Raspberry leaf

Rubi idaei folium

It may be used to relieve menstrual pain. It is recommended for mild sore throat or mouth and diarrhoea.

Source: HMPC monographs



## Mallow leaf

Malvae folium | filtered

Cough suppressant in respiratory diseases. It can also be used as an expectorant because of its anti-inflammatory properties.



## Milkthistle fruit

Silybi mariani fructus

For the complementary treatment of acute or chronic hepatitis and liver damage caused by alcohol, drugs or toxic substances, and to relieve digestive complaints.

Source: WHO Monographs



## Mate leaf

Mate folium | filtered

It is an invigorating, central nervous system stimulant due to its caffeine and vitamin C content. It has a mild diuretic and weight-loss effect.

Source: The Complete German Commission E Monographs



## Chicory root

Cichorii radix

It can be used as an appetite stimulant, reducing the feeling of fullness in the stomach.

Source: *The Complete German Commission E Monographs*



## Sorrel seed

Rumicis fructus

Thanks to its diuretic properties, it helps to flush the urinary tract, thereby helping to alleviate symptoms.

Source: *EMEA Monographs*



## Horsetail herb

Equiseti herba | filtered

Thanks to its diuretic properties, it helps to flush the urinary tract, thereby helping to alleviate symptoms.

Source: *EMEA Monographs*



## Birch leaf

Betulae folium

It helps to relieve inflammation by flushing the urinary tract and reduces the formation of kidney stones. It may be used as supplementary treatment for urinary tract infections of bacterial origin.

Source: *ESCP Monographs*



## Lemon balm leaf

*Melissae folium* | filtered

Its use is recommended in cases of tension, restlessness and irritability, digestive complaints and mild stomach upsets. It is used externally to relieve symptoms of herpes virus infection.

Source: ESCOP Monographs

## Bearberry leaf

*Uvae ursi folium*

It may be used for milder infectious diseases of the lower urinary tract (such as cystitis) where antibiotic treatment is not indicated.

Source: ESCOP Monographs



## White horehound herb

*Marrubii herba*

It is used for colds and coughs. It may be used to relieve stomach upset, bloating and loss of appetite.

Source: HMPC monographs



## Marshmallow root

*Althaeae radix*

It may be used to relieve symptoms of dry cough and as a coating for inflammation of the pharynx, stomach and oral mucosa.

Source: ESCOP Monographs



## Marshmallow leaf

Althaea officinalis

It may be used for mild digestive symptoms. Marsh mallow is used for the treatment of tracheal and pharyngeal irritation.

Source: HMPC monographs



## Sage leaf

Salviae officinalis folium | filtered

For the treatment of inflammation of the throat and oral mucosa, used as a gargle.

Source: ESCOP Monographs



## Coriander

Coriandri fructus

A spice, also may be used as a tea for gastrointestinal discomfort.



## Mullein flowers

Verbasci flos

It is used for sore throats and to relieve symptoms of dry coughs and colds.

Source: ESCOP monographs



## Clivers

*Galii aparinis herba*

Mildly diuretic. It may be used externally to treat superficial skin lesions.



## Lady's mantle herb

*Alchemillae herba*

It may be used for mild diarrhea and to relieve menstrual bleeding.

Source: ESCOP monographs



## Bilberry leaf

*Myrtilli folium*

It is mildly antibacterial, diuretic and may be used as a supplementary to blood sugar lowering therapy.



## Goat's Rue herb

*Galegae herba*

It has mild diuretic and blood sugar lowering effects. Has a beneficial effect on milk secretion.



## Rosemary leaf

Rosmarini folium

It may be used in cases of indigestion, has beneficial effects on liver and bile function. Externally it is recommended as a complementary treatment for rheumatic and peripheral circulatory complaints. Has mild antiseptic effect.

Source: ESCOP Monographs



## Blackberry leaf

Rubi fruticosi folium

It is mildly antispasmodic. Its use is recommended for diarrhea. Due to its astringent properties its decoction can be used externally to reduce dermatitis. It can be made into a pleasant, refreshing drink.



## Eyebright herb

Euphrasiae herba

It is used externally as a poultice to reduce the symptoms of inflammatory diseases of the eyes.

Source: The Complete German Commission E Monographs



## Senna leaf

Sennae folium | filtered

It may be used for the treatment of acute constipation. Use is contraindicated in children under 12 years and during pregnancy and lactation. Avoid to prolonged use.

Source: ESCOP monographs



## Tinnevelly senna fruit

*Sennae fructus angustifoliae*

It may be used for the treatment of acute constipation. Use is contraindicated in children under 12 years and during pregnancy and lactation. Avoid to prolonged use.

Source: ESCOP monographs



## Yellow bedstraw herb

*Galii veri herba*

It has mild diuretic, diaphoretic and antispasmodic properties. It may be used externally to treat superficial skin lesions.



## Chickweed herb

*Stellariae herba*

Its tea may help kidney and bile function based on folk medicine data.



## Heath speedwell herb

*Veronicae herba*

It stimulates digestion, clears the respiratory tract and supports metabolic processes.

Source: The Complete German Commission E Monographs



## Shepherd's purse herb

Bursae pastoris herba | filtered

It is used internally for the relief of gynecological symptoms and to relieve heavy menstrual bleeding.

Source: EMEA Monographs



## Chamomile flowers from the Great Hungarian Plain

Matricariae flos

Hungarian Plain chamomile flower is the dried, selected flowers of wild chamomile (Matricaria chamomilla L.), collected by hand from the saline areas of the Hungarian lowlands. Chamomile can be used to treat digestive disorders, mild stomach and intestinal cramps and flatulence. Externally, it can be used as an expectorant for skin and mucous membrane inflammations and inflammations of the gums and oral cavity, and as an inhalant for respiratory complaints.

Source: ESCOP monographs



## Ginkgo

filtered food supplement as infusion

Ginkgo leaves contribute to the boosting of memory and to the increased mental requirements under stress. We pour 1,5 dl of boiling water on the tea bag placed in the cup. We cover the cup and let it steep for 10 minutes, then we can drink it with optional flavoring.



