



St. John's Wort Tea LM

St. John's wort ensures a happy mood even on dull days. With its pleasant, harmonising influence, St. John's wort provides us with natural calm and serenity. Our overloaded nerves are better able to cope with stress and upsets in our hectic everyday lives. Enjoy a lovingly prepared cup of St. John's wort tea in the morning to start the day and in the evening prior to going to bed!

Ingredients: 100% St. John's Wort.

Preparation: Add 1–2 teaspoons of St. John's wort to a cup and fill with boiling water (approx. 150 ml). Cover and leave to infuse for approximately 10 minutes. Only that way you get a safe food! Pour through a tea sieve and enjoy.

Close properly and store in a dry place.

During the application period, St. John's wort can increase light sensitivity.

Contents 150 g

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