



**Serving size:** 1 cup of 250ml.

**Benefits:** Helps to de-stress, improve insomnia, promote lung & skin health, boost immune system, etc.

### **Ingredients**

Dried Chrysanthemum – 3-5 pieces (0.6-1 gram).

Dried Peppermint – 2-3 leaves (0.4-0.6 gram).

Dried Rose Buds – 3 pieces (1 gram).

Honey or maltose – 1 teaspoon or as desired.

Hot boiling water – 1 cup of 250ml.

**\* Daily recommended dosage: Dried Chrysanthemum not more than 30 grams; Dried Peppermint not more than 6 grams & Dried Rose Buds 1.5-6 grams.**

### **Preparation**

(1) Rinse **all ingredients** with tap or distilled water & discard water. Then rinse again with hot water & discard water.

(2) Add washed ingredients together to 1 cup of hot boiling water, cover with a lid & steep for 10 to 15 minutes. After 15 minutes, remove lid then add **Maltose or Honey**, stir well & drink anytime.

### **Note**

(1) Suitable for everyone. For adults: take 1-3 cups daily & for children aged 5-12 years old: Take ½-1 cup once every 2-3 days.

(2) Moderate intake of **Chrysanthemum** for those who have skin allergic problems because **Chrysanthemum** may cause allergic skin reaction & sun sensitivity. Large oral doses have been associated with nausea, vomiting & anorexia.

(3) **Chrysanthemum & Peppermint Leaves** have not enough reliable information about the safety intake for pregnant or breastfeeding women, so if you are pregnant or breast feeding, do **take in moderation**.

(4) **Peppermint Leaves** may cause some side effects including heartburn and allergic reactions including flushing, headaches & mouth sores so if you experience such symptoms, **do take in moderation**.

**Caution:** To drink this tea infusion at an interval of ½ to 1 hours from medications.