



Presents



## Carefully crafted

Herbal infusions to help you improve & enjoy your healthy lifestyle



## T'care® Relax *To calm and ease your mind*



*Ingredients: Saffron, Poppy petals, Lavender flowers, Orange blossoms, Lemon balm leaves*

T'care® Relax is an authentic blend of herbal tea that improve a sense of calmness after a long day. This infusion contains one of the most efficient mixtures of medicinal food plants designed for you to relax.

- 🌿 **Saffron** is an important medicinal food plant in Iran growing both wildly and cultivated for their nutritional purposes. Saffron has been used in folk medicine as a **sedative** and **adaptogen agent**. Clinical trials have shown the efficiency of saffron in mild-to-moderate depression.
- 🌿 **Poppy flower** has antispasmodic and antitussive properties, and has been used to alleviate inflammatory conditions and soothe **anxiety-related digestive** problems.
- 🌿 **Lavender** is known for its ability to **calm the nervous system** and **lift the mood**, research links the use of lavender flowers to less anxiety and depression. Taken as an infusion, it may improve **mood disorders** and **boost sleep**.
- 🌿 **Orange blossom** has been used as a treatment for **anxiety** and **insomnia**, due to their mildly sedating effects on the nervous system. An infusion made from the orange flowers is also recommended for mild stomach aches and as an aid to digestion
- 🌿 **Lemon balm** is considered a **calming** herb. It was used as far back as the Middle Ages to reduce **stress** and **anxiety**, **promote sleep**, improve appetite, and ease pain and discomfort from indigestion

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## T'care® After Meal *To support your digestive system*



*Ingredients: Dandelion root, Peppermint leaves, Fennel seeds, Green anise seeds, Rosemary leaves*

T'care ® After Meal is a combination of well-known medicinal food plants which improve your digestion and help to reduce the sensation of heaviness after meals.

- 🌿 **Dandelion root** also known as a “**liver tonic**” in many traditional medicines for centuries due to its ability to increase the flow of bile and support the **liver functions**.
- 🌿 **Peppermint leave** has been used in ancient civilizations as a medicine. Persian, Indian, Greek and Egyptian folk medicine point to the importance of peppermint to **improve digestion**. The importance of essential oils in peppermint leaves, while used as an herbal tea, help to reduce **bloating, gas, nausea** and to **relax the digestive system**.
- 🌿 **Fennel seed** comprises essential oils which stimulate the processes of digestion. Fennel seeds mainly contain anethole and estragole that act as **antispasmodic** and **anti-inflammatory**. They help to relief **constipation, indigestion** and **bloating**.
- 🌿 **Anise seed** has carminative, antispasmodic and sedative properties. Curative action of green anise seed help reduce **heartburn, aerophagia, flatulence** and **abdominal pain**.
- 🌿 **Rosemary leaves** have been used in folk medicine as an antispasmodic, mild analgesic, to cure headaches, migraine, insomnia, and depression. Research has shown that Rosemary has significant **antimicrobial, anti-inflammatory, anti-oxidant**, and **neuroprotective** properties. Furthermore, it shows important clinical effects on **mood, pain, anxiety, and sleep**.

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