

# Dark Woods Apothecary

Visit Us @ [www.darkwoodsapothecary.com](http://www.darkwoodsapothecary.com)  
Vincennes, IN | 812.345.7035

## **Momento Moretea (Herbal) - Caffeine: None**

Rose Hips, Hibiscus, Apple Pieces, Watermelon, Cranberries, Rose Petals, & Peppermint Leaves  
Traditionally Used for Stomach Upset, Motion Sickness, & Headaches

## **Rest in Peach (Rooibos/ Green) - Caffeine:**

Marigold Flowers, Apple Pieces, Peach Pieces, Pomegranate, Raspberry Leaves, & Raspberries  
Traditionally Used for Cramps & Blood Pressure

## **Revivify (Herbal) - Caffeine: None**

Rose Hips, Hibiscus, Apple Pieces, Strawberries, Raspberry Leaves, Watermelon, Rose Petals, & Cranberries  
Traditionally Used for Joint Pain & Digestion

## **Underworld (Black) - Caffeine:**

Blackberries, Raspberry Leaves, Raspberries, & Pomegranate  
Traditionally Used for Cramps & Blood Pressure

## **Eternal Slumber (Herbal) - Caffeine: None**

Valerian Root, Chamomile Flowers, Lemon Balm, Spearmint, Honeybush, Lavendar, & Blue Cornflower  
Traditionally Used for Depression, Nausea, Sleep, Digestion, Cramps, & Headaches

## **Eden (Black) - Caffeine:**

Pomegranate, Raspberry Leaves, Raspberries, Apple Pieces, Cinnamon, Orange, Mango Pieces, & Marigold Flowers  
Traditionally Used for Cramps, Digestion, & Blood Pressure

## **Funeral Spices (Herbal) - Caffeine: None**

Rose Hips, Hibiscus, Apple Pieces, Orange, Ginger, Cinnamon, & Cherries  
Traditionally Used for Stomach Upset & Digestion

## **Valhalla (Black) - Caffeine:**

Elderberry, Hibiscus Flower, Aniseed, Honeybush, & Yunnan Noir  
Traditionally Used for Depression, Coughing, Liver Health, & Blood Pressure

## **Paradiso (Herbal) - Caffeine: None**

Orange, Orange Peel, Lemon Peel, Lemon Verbena, Hibiscus, & Rose Hips  
Traditionally Used for Coughing, Kidney Health, UTis, Liver Health, & Blood Pressure

\*\*\*Come visit us in person for our rotation of seasonal teas!\*\*\*

# Dark Woods Apothecary

Visit Us @ [www.darkwoodsapothecary.com](http://www.darkwoodsapothecary.com)  
Vincennes, IN | 812.345.7035

## General Tea Instructions

**Hot Tea (Single Serve)** - Prepare hot water in a single 8 oz. mug. Put 1 tsp of loose leaf tea into a tea strainer and add the strainer to the hot water. Steep for the recommended time.




**Cold Brew (Pitcher)** - Fill a pitcher with cold water. Place apx. 4 tsps of loose leaf tea into a cheesecloth, coffee filter, or large natural tea bag and tie it off to use as a tea sachet. Add the sachet to the pitcher and put it in the refrigerator. Leave to steep for 8-12 hours. Remove the sachet. Store in the refrigerator after steeping is complete.

**Sun Tea (Pitcher)** - Prepare the pitcher in the same manner as cold brew. But, steep for 5-8 hours in direct sunlight instead. Move the pitcher as needed to keep it in the sun. Store in the refrigerator after steeping is complete.

### What about Iced Tea?

If preferred, iced tea can be made as a kettleful of hot brewed tea, quickly cooled with ice. This makes the iced tea much quicker to prepare than cold brew. However, we highly recommend cold brew over iced tea because cold brew tea does not become watered down by ice and produces a more concentrated and flavorful tea.

## Dark Woods Apothecary Caffeine Levels

None			
No Caffeine	Trace to Low Levels of Caffeine	Mild to Moderate Levels of Caffeine	High Levels of Caffeine