













## TEA VARIETIES

In the last 10-15 years, a large part of the tea producers in Bulgaria have been focusing on the production of mixed herbal teas, intended for the preservation and restoration of health. Information on the herbs used by Bulgarian companies for producing health tea and its effects on the human body is shown below.






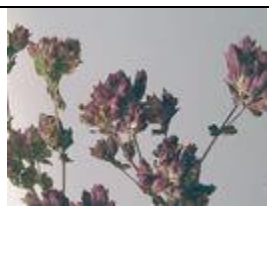
	<p><b>ANISE</b> (Pimpinella anisum) Expectorant, diuretic and antiseptic action. Has an antispasmodic, carminative and analgesic effect. Stimulates milk secretion in nursing mothers.</p>
	<p><b>ARONIA</b> (Aronia melanocarpa elliot) Acts as a powerful antioxidant and helps regulate weight, blood pressure and blood sugar. Has a protective effect against malignancies.</p>
	<p><b>TRIBULUS TERRESTRIS</b> (Tribulus terrestris) Has a beneficial effect on sexual problems. Increases libido and potency. Reduces cholesterol. Increases vitality.</p>
	<p><b>BETULA</b> (Betula) Diuretic, antimicrobial and eliminating smooth muscle spasms.</p>
	<p><b>VALERIANACEAE</b> (Valerianaceae) Normalizes nerve processes. Reduces nervous tension and related complaints. Improves the quality of sleep. Removes spasms of smooth muscle. Normalizes heart rhythm disturbances and reduces blood pressure.</p>








	<p><b>ERYNGO</b></p> <p>(Eryngium campestre) Diuretic, antispasmodic and analgesic action. Has an inflammatory effect on respiratory infections and removes airways spasms. Regulates menstrual cycle.</p>
	<p><b>GARCINIA</b></p> <p>(Garcinia) Suppresses appetite and prevents the conversion of unused carbs into fat. Has a mild laxative effect.</p>
	<p><b>HAWTHORN</b></p> <p>(Crataegus) Increases the strength of cardiac contractions, and decreases the excitability of the heart muscle. Removes the spasm of the arteries. Increases the strength and elasticity of vascular walls.</p>
	<p><b>GINKGO BILOBA</b></p> <p>(Ginkgo biloba) Removes arterial spasm and venous stasis. Improves the blood supply to tissues and organs. Stimulates the brain function. Slows down atherosclerotic processes. Acts as a general strengthening, toning and antioxidant agent. Restores functions reduced by aging such as sight and hearing, and improves work capacity. Increases ATP synthesis in the human body that provides energy for muscle contraction.</p>
	<p><b>FENUGREEK</b></p> <p>(Trigonella foenum-graecum L.) Stimulates milk production in nursing mothers. Reduces high blood cholesterol levels and blood sugar.</p>
	<p><b>GINGER</b></p> <p>(Zingiber officinale) Suppresses nausea and vomiting. Stimulates the motor activity of the gastrointestinal tract. Improves digestion.</p>

	<p><b>SMALL-WILLOW</b></p> <p>(Herba Epiloba parviflora) Anti-inflammatory and analgesic action.</p>
	<p><b>EUCALYPTUS</b></p> <p>(Eucalyptus) Anti-inflammatory (mainly in the airway inflammation), antiseptic and expectorant action. It also has an anodyne and vasoconstriction effect.</p>
	<p><b>ECHINACEA</b></p> <p>(Echinacea) Stimulates the immune system. A direct germicidal, antiviral and antifungal action. Has properties similar to cortisone. Increases vitality. Universal adaptogen and performance enhancer.</p>
	<p><b>GINSENG</b></p> <p>(Ginseng) Stimulates the immune system. Increases vitality. Improves the brain function and cardiovascular system activity. Increases physical stamina. Increases potency. Has an antioxidant effect.</p>
	<p><b>ST JOHN'S WORT</b></p> <p>(Hypericum perforatum) Anti-inflammatory and antiseptic action. Soothes the human body and serves as anti-depressant. Stimulates the regeneration of skin and mucous membranes.</p>
	<p><b>GREEN TEA</b></p> <p>Anti-inflammatory and antiseptic action. Stimulates the immune system. Improves the brain function and concentration abilities. Suppresses the activity of carcinogen substances (substances that cause cancer degeneration of tissue) and the division of cancer cells and stops the tumor growth</p>
	<p><b>BUCKTHORN</b></p> <p>Stimulates intestinal motility and has a laxative and cathartic effect. It has a light gallstone expelling effect.</p>

	<p><b>YOHIMBINE</b></p> <p>Increases libido and potency. Increases tumescence in the pelvis and activates the part of the spinal cord responsible for erection. Tonic and strong antioxidant action.</p>
	<p><b>CINNAMON</b></p> <p>(Cinnamon) Stimulates the circulation of blood and nutrition of cells, and activates the metabolism, especially that of glucose. Improves digestion.</p>
	<p><b>KOLA NUT</b></p> <p>(Kola Nut) Stimulates the nervous system and improves stamina. Activates the metabolism and reduces an increased appetite.</p>
	<p><b>NETTLE</b></p> <p>(Urtica dioica) Has an inflammatory and diuretic effect. Prevents enlargement of the prostate gland, typical of aging. Helps to normalize blood glucose metabolism. Has gallstone expelling and styptic effect. Stimulates breast milk secretion in nursing mothers.</p>
	<p><b>CORIANDER</b></p> <p>(Coriandrum sativum) Stimulates gastrointestinal motility and secretion. Reduces the formation of intestinal gas. Has an antispasmodic and analgesic effect. Has a certain cough-out effect. Stimulates the breast milk secretion in nursing mothers.</p>
	<p><b>CAT'S CLAW</b></p> <p>(Uncaria tomentosa) Stimulates the immune and antioxidant defenses of the human body. Increases the anticancer ability of the immune system.</p>
	<p><b>CHAMOMILE</b></p> <p>(Matricaria camomile) Anti-inflammatory, antiseptic, diaphoretic, analgesic and antispasmodic action. Reduces nervous tension. Facilitates expectoration</p>

	on inflammation in the airways.
	<p><b>LEMONGRASS</b></p> <p>(Lemon grass) Soothing and anti-depressant action. Relieves muscle spasms. Has an antiseptic and analgesic effect. Aids digestion and reduces the formation of gas in the intestinal system. Regulates sweating and increased oiliness of the skin.</p>
	<p><b>LINDEN</b></p> <p>(Tilia) Diaphoretic, anti-inflammatory and antimicrobial action. Has an antispasmodic and diuretic effect. Normalizes nerve processes</p>
	<p><b>THISTLE</b></p> <p>(Milk Thistle) Diuretic action. Enhances the secretion of the digestive tract and associated glands and improves digestion. Normalizes nerve processes.</p>
	<p><b>THYME</b></p> <p>(Thymus) Strong antiseptic, anti-inflammatory and bronho-expanding action. Assists expectoration and perspiration. Removes spasms of smooth muscle. Used as a supportive and nervous system calming agent.</p>
	<p><b>MEDICAL MARSHMALLOW</b></p> <p>(Althaea officinalis L.) Strong expectorant and anti-inflammatory action.</p>
	<p><b>PEPPERMINT</b></p> <p>(Lamiaceae) Strong anti-inflammatory, antimicrobial, diaphoretic, analgesic and antispasmodic action. Increases the stamina and peristalsis of the smooth muscle of the stomach and intestines. Relieves nausea and vomiting. Reduces flatulence in the digestive system. Removes nervous tension and related complaints. Stimulates bile secretion and milk secretion in nursing mothers.</p>

	<p><b>BEARBERRY</b> (<i>Arctostaphylos Uva Ursi</i>) Has a diuretic and antiseptic effect.</p>
	<p><b>MARIGOLD</b> (<i>Calendula officinalis</i>) Stimulates the secretion of digestive juices and digestion. Anti-infla.</p>
	<p><b>PAPAYA</b> (<i>Carica papaya</i>) Strong anti-inflammatory and antimicrobial action.</p>
	<p><b>FIELD HORSETAIL</b> (<i>Equisetum arvense</i>) Strong diuretic, anti-inflammatory and antiseptic action. Stimulates metabolism and improves the elasticity of blood vessels.</p>
	<p><b>PU-ERH</b> (Pu-erh tea) Activates digestion and metabolism. Helps reducing blood cholesterol and removing the excess weight. Has an antioxidant effect and slows the aging process. Anti-inflammatory and antiseptic action. Improves the cardio-vascular and circulatory system activity.</p>
	<p><b>FENNEL</b> (<i>Foeniculum vulgare</i>) Improves digestion and reduces the formation of gas in the gastrointestinal system. Stimulates breast milk secretion in nursing mothers. Antispasmodic and diuretic action.</p>
	<p><b>OREGANO / MARJORAM</b> (<i>Origanum vulgare L.</i>) Expectorant, antiseptic and spasms eliminating action. Stimulates the secretion of sweat, digestive and bronchial glands. Activates intestinal motility, reduces nervous tension and relieves related symptoms.</p>

	<p><b>ROSE</b></p> <p>(Rosaceae) Activates intestinal peristalsis. Stimulates the production and secretion of bile juices. Helps you lower your blood cholesterol levels. Antiseptic action.</p>
	<p><b>SALVIA</b></p> <p>(Salvia) Antiseptic and anti-inflammatory action. Normalizes the increased secretion of salivary and sweat glands. Reduces the formation of gas in the gastrointestinal system.</p>
	<p><b>SAW PALMETTO</b></p> <p>(Saw Palmetto) Restores the imbalance of dihydrotestosterone / testosterone in favor of the latter and thus prevents the growth of prostate cancer and normalizes urination. Favorably affects the prostate gland function.</p>
	<p><b>CASSIA</b></p> <p>(Cassia senna L.) Stimulates intestinal peristalsis.</p>
	<p><b>LIQUORICE</b></p> <p>(Glycyrrhiza glabra L.) Anti-inflammatory and expectorant action. Has antispasmodic and epithelium tonic effect.</p>
	<p><b>STEVA</b></p> <p>(Stevia Rebaudiana) Improves digestion and blood glucose metabolism. Has supportive and restorative effect. Stimulates mental and physical performance.</p>
	<p><b>HIBISCUS</b></p> <p>(Hibiscus) Immunostimulatory and antioxidant action. Increases vitality. Improves the elasticity of blood vessels. Activates digestion and improves metabolism in the body.</p>

	<p><b>CHICORY</b>  (Cicorium intybus) Antimicrobial action. Stimulates the production and secretion of bile juices and improves digestion. Normalizes high blood sugar. .</p>
	<p><b>CRANBERRY</b>  (Vaccinium vitis-idaea L.) Strong antimicrobial action, particularly against bacteria causing infections in the urinary system. A powerful antioxidant. Improves metabolism in the body and normalizes high blood cholesterol levels. Prevents dental plaque formation.</p>
	<p><b>SLIPPERY ELM</b>  Expectorant, diuretic and antioxidant action. Improves digestion. Soothes inflammation and irritation along the gastrointestinal system. Reduces irritation in the airways, which is a symptom of some respiratory infections</p>
	<p><b>BLACK ELDER</b>  (Sambucus nigra) Antiseptic and cough-out action. Helps normalize high temperature. Has diuretic effect.</p>
	<p><b>ROSE HIP</b>  (Rosa canina) Anti-inflammatory and diuretic action. Improves digestion and metabolism in the human body. Increases the strength and elasticity of the vascular walls. Increases stamina and immunity.</p>

*Photo credit: Bulgarian Tea Company*