emubob tea:
health benefits information guide

The Emubob tea range is not specifically designed to give you super powers or fix your health ailments but most of our ingredients do in fact have potential health benefits!

In this guide you'll find a brief description of those potential benefits and should you want to find out more, click on which will take you to various articles, research, and websites.

Black Tea

Increases brain function and focus, prevents or manages diabetes, improves heart health, cancer fighting antioxidants, aids in weight loss, helps reverse physical effects of aging, de-stresses, improves bone strength, aids in sore muscle recovery.

Cardamom Pods

Can be used to combat digestive problems such as; nausea, gas, loss of appetite, constipation and bloating.

Cinnamon

Anti-inflammatory properties, may reduce the risk of heart disease, may help treat Type 2 diabetes, antifungal, antibacterial and anti-carcinogenic properties.

Cinnamon myrtle

May be useful for heartburn, colic and digestive system ailments.

Cloves

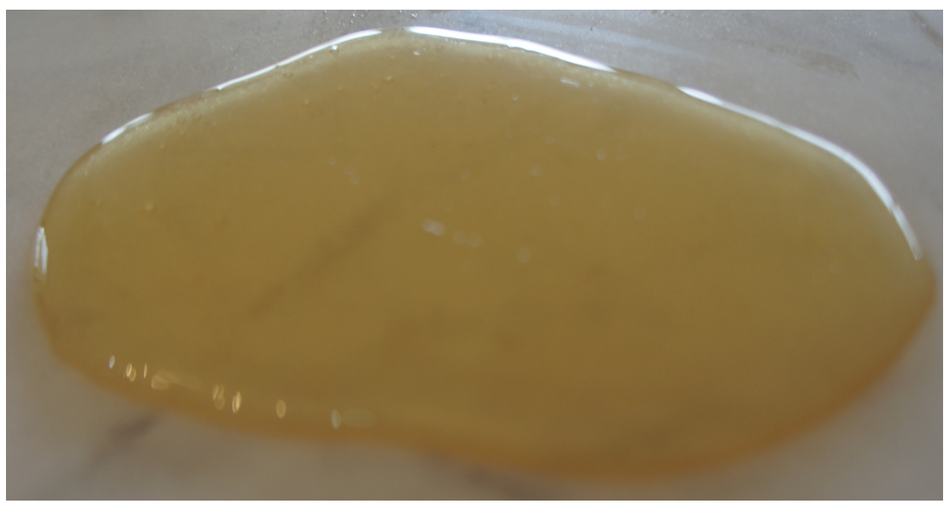
Reduces inflammation, relieves upper respiratory infections, improves digestion, can help treat gum diseases, are packed with antioxidants and are thought to possess aphrodisiac properties.

Ginger

Increases cardiovascular circulation, eases an upset stomach and helps treat nausea and vomiting (effective for morning sickness if consumed in a small dose), protective against osteoarthritis pain and several cancers.

Honey

Antibacterial and anti-inflammatory properties, eases early symptoms of a cold.



Lemon

Beneficial for cardiovascular health, prevention of kidney stones, anaemia and may help reduce the risk of several types of cancers.

Nutmeg

May help induce sleep, helps digestion, boosts circulation, eases swelling and pain and may even work to protect your brain from degenerative diseases.

Peppercorns

Anti-inflammatory, anti-flatulent properties.

Star Anise

Antioxidant, antibacterial and antifungal properties

Vanilla Bean (extract)

May lower cholesterol, contains numerous antioxidants (has shown to have potential as a health supplement) and possesses anti-inflammatory abilities.