

# HEALTH FOREST AYURVEDA TEA LAB PRODUCT CATALOG

Health Forest aims to help you restore your health and well-being. Discover holistic health with our carefully selected Ayurvedic teas and remedies, tailored for today's needs.



[www.healthforestshop.com](http://www.healthforestshop.com)  
[@healthforestshop](https://www.instagram.com/healthforestshop)



# ORGANIC TEA LAB

Order your Organic tea collection from our Health Forest Lab, we carefully select our tea from around the world.

We offer organic teas and remedies, crafted with care to promote health and happiness through sustainable, high-quality solutions for your well-being.



## Organic Tea Lab

We are passionate about sourcing the finest organic teas from renowned plantations across India, China, South Africa, Japan, and beyond, certified by Qualisud.

Our commitment to quality and sustainability ensures you enjoy pure, flavorful tea, free from harmful pesticides and unethical practices, transporting you to distant lands with every sip.

# OUR MISSION

Reviving ancient wisdom that has stood the test of 5,000 years, we are transforming it into a language that resonates with today's world. The Science of Life has always been part of our journey. Now, we are rediscovering our authentic selves and embracing the profound truth of who we truly are.

HealthForestShop is dedicated to making a difference by offering a wide range of alternative health solutions online, connecting with individuals seeking natural remedies. We meticulously select specialized botanical herbs and remedies to empower our clients on their health journeys.

Health Forest was founded in 2014 in the UK as AYU-OK, later evolving into Health Forest World. Our mission is to empower individuals seeking to reconnect with their true selves through the Science of Life.

Drawing on ancient wisdom that spans thousands of years, we translate this profound knowledge into contemporary language, revealing the secrets of earth medicine.

In today's world, health challenges have reached alarming levels. Digestive issues, sleep disturbances, hormonal imbalances, mental health crises, and the rise of diseases are all manifestations of our disconnect from our bodies and their innate blueprints. Health Forest is dedicated to revitalizing the Science of Life, providing you with the tools to restore your health and reclaim your well-being.

Join us on this journey to rediscover the path to holistic health through carefully selected Ayurvedic botanical herbs and remedies designed for our times.

**SERVING THE ANCIENT SCIENCE OF LIFE - ONE SIP AT A TIME**

# CREATE YOUR OWN TEA BRAND

You can choose the teas of your choice, your packaging, and receive a product certified organic with your brand ready for sale.



STEP 1; Choose from our selection:  
We have a selection of 12 teas you can choose from carefully selected for optional health



STEP 2: Choose from our selection of organic filtered teabags or teat tubes



STEP 3: Choose the inner bag black mesh or white cotton bag



OPTIONAL (EXTRA COST ADDON)  
Choose from our selection of organic filtered teabags or teapots



## Our Environmentally Packaging

Socially, economically and environmentally responsible  
Beautiful packaging, responsibly sourced for your  
products.



What's in a cardboard tube?

Our cartons are classified as FSC mixed sources, with 70% coming from recycled materials and 30% from FSC-managed wood or reclaimed wood.

What are FSC managed woods?

Using FSC-managed wood means zero deforestation. This ensures that our products protect animal habitats, maintain biodiversity, and protect old-growth trees. It also guarantees the rights of Indigenous peoples, along with fair wages and safety for workers.

What other benefits are there to obtaining products this way?

The carbon locked up in trees is stored in the atmosphere, removing carbon from the carbon cycle. In managed forests, more trees are planted to replace those cut down, and therefore, more CO<sub>2</sub> is removed from the atmosphere.

# Healthy Selection from our Organic **Ayurveda Tea Lab**

## MORNING WAKEUP BOOST

REF: HFTL-254-3

This tea blend combines different natural flavors of exotic fruits. Aromas of grapefruit, orange and mango come together to form this creation of fruity, tangy and juicy tea.

- Wake up the metabolism with the Green Tea and Grapefruit
- Apple to increase fiber for bowel cleanse
- Antioxidant contributes to releasing toxins and supporting liver
- Anti Inflammatory
- Safflower for healthier heart and blood circulation
- Controlling blood sugar levels



**Ingredients:** Green tea\*(92%), natural orange, grapefruit and blood orange flavors, rose hip bark, safflower, hibiscus flowers, marigold flowers, apple pieces, orange peel, cumin seeds, fenugreek, amla



## UNWIND RELAX & SLEEP TEA

REF: HFTL 32821

- Made with calming herbs like valerian and lavender, it helps ease stress
- Reduce anxiety, and relax the nervous system
- Hops Flower combined with Valerian, Verbena and Passionflower to induce natural melatonin for sleep disorders. Improve restlessness, tension, ADHD, nervousness and irritability
- Tulsi and lemon balm combinations oxygenate the body and mind reducing stress in the body.
- Achemilla, marigold and chamomile reducing inflammation in the body to promote relaxation in the muscle calming the cortisol levels.

**Ingredients:** Lemongrass, lemon balm nettle, cocoa husk, crushed cocoa bean, basil, valerian, St. John's wort, lavender, star anise, passion flower, hop flowers, camomile, ashwagandha

## KIDNEY AND IMMUNE BOOST

REF: HFTL82406

- Green tea strengthens the immune system with its high antioxidant content.
- Orange, grapefruit, and blood orange offer vitamin C to support immune defense.
- Rose hip bark further enhances immunity with its rich vitamin C and anti-inflammatory properties
- Oregano and marigold flowers provide natural antibacterial and antiviral benefits.
- Safflower and apple pieces contribute additional nutrients, and orange peel adds a refreshing citrus boost.
- This nourishing blend helps the body fight off illness, reduce inflammation, and promote overall health.



**Ingredients:** Apple, olive leaves, grapes (grape and vegetable oil), marigold, cranberry (3%), natural cranberry and peach flavour, peach (2%), cardamom, haritaki

# Healthy Selection from our Organic **Ayurveda Tea Lab**

## DIGESTIVE & BLOAT EASE TEA

REF: HFTL81428

- Digestive teas offer several benefits for gut health, including easing digestion, reducing bloating and gas, and potentially promoting relaxation. Specific herbs like peppermint and lemon balm, caraway are known for their digestive support, while chamomile can help with inflammation and relaxation
- Hops is known as a tonic, nervine, aromatic bitter, stomachic, diuretic, and to calm and relax, and support healthy inflammation response
- The complete decoction of this tea formula supports stomach and gut relieving any digestive issues.



**Ingredients:** Lemon balm, chamomile, fennel, licorice root, anise, caraway, carrot, peppermint, hop flowers, verbena leaves, marigold flowers, Trikatu



## WEIGHT LOSS SUPPORT

REF: HFTL32822

- Fenugreek and Fennel aid digestion, regulating blood sugar promote weight loss and reduce bloating
- Green tea enhances fat burning and energy levels
- Horsetail, birch leaves, and nettle act as natural diuretics reducing water retention and flushing out toxins
- Rose hips provide antioxidants that support overall health.
- Verbena and licorice root contribute to a soothing effect on digestion and cravings
- natural lemon adds a refreshing boost of vitamin C. This blend promotes a balanced and natural approach to weight management while supporting overall well-being.

**Ingredients:** Horsetail, birch leaves, nettle, rose hip, Green Tea, fennel, verbena, licorice root, fenugreek, Trikatu

## ANTI - AGEING

REF: HFTLS7047

- Pu-erh tea is believed to offer potential anti-aging benefits due to its high polyphenol content, particularly catechins and flavonoids, which act as antioxidants.
- These antioxidants combat free radicals, protect elastin in the skin, and may have other beneficial effects on overall health, potentially slowing down the aging process.
- This tea is a complete formula to support and heal the endocrine system, activating the nervous system, circulation and lymphatic system.
- A power pack antioxidant, anti ageing and reset formula.



**Ingredients :** rosemary, nettle, rosehip shell, rooibos, lavender, ginger, Pu-Erh, mate, fennel, licorice root, cinnamon, black pepper, cardamom, cloves, Amla



# Healthy Selection from our Organic **Ayurveda Tea Lab**

## HEART AND PINEAL GLAND BALANCE

REF: HFTL32828

- The evening Chocolate Chai promises a moment of pure conviviality. The sweetness of the chocolate will accompany the spiciness of the Chai.
- Chai boosts digestion, acts as an anti-inflammatory and acts as a source of nutrients to promote overall health. With all of the ingredients combined this beverage is not only delicious it is also healthy.
- Chocolate Chai Tea can help stimulate the brain into releasing neurotransmitters that can trigger feel good hormones.
- Packed with full nutrition from Moringa the power plant of nutrition.



**Ingredients:** Cocoa, cinnamon, honeybush, fennel, cloves, black pepper, lavender, moringa, brahmi

## LIVER DETOX

REF: HFTL32809

- Supports regular liver detoxification to eliminate wastes and toxins
- Supports normal cholesterol levels
- helps with bowel irregularities and sluggishness
- Wake up to Liver Detox Tea every morning.

If you can do one thing for your health, do this. Liver Detox Tea supports your liver to work efficiently and effectively. This traditional plant formula supports liver health and energy levels by supporting regular liver detoxification, normal cholesterol levels and healthy bowel function and regularity. Having your liver in good working order is essential for good health.

Take Liver Detox Tea as an everyday ritual for good health and vitality.

**Ingredients:** rose hip, green mate (13%), ginger, rooibos, fennel, spearmint, licorice root, cinnamon, hibiscus, nettle, chamomile, cardamom, dandelion root, natural lemon and lime flavour, spirulina (1%), Guduchi



## SUMMER COOLING BALANCE

REF HFTL32719

- This tropical, thirst quenching fruit tea blend is crafted using freeze-dried fruits which helps preserve 90% of its nutritional value as opposed to dried fruits that contain sugars and sulphites.
- Unlike processed chemicals found in pre-made coconut cream mixes, this fruit tea is packed with healthy nutrients such as vitamins, minerals, and antioxidants that help maintain immune function, promote hydration and cardiovascular health.



**Ingredients:** apple pieces, toasted coconut chips, coconut chips, natural flavor, freeze-dried pineapple pieces, fennel



# Healthy Selection from our Organic **Auryveda Tea Lab**

## ACTIVATE PRANA LUNGS

REF: HFTL21193

- Each sip opens the lungs and helps build immunity in the thymus. Eucalyptus, lemongrass opening the airways
- Tulsi is beneficial for respiratory health, particularly in combating colds, flu, and allergies.
- Mullein is highly regarded for lung health; it acts as an expectorant, clearing mucus and soothing inflammation. Additionally, it contains antioxidants like vitamin C and flavonoids, which protect cells from damage caused by free radicals.



**Ingredients:** eucalyptus leaves, lemongrass, apple pieces, licorice roots, marigold flowers, tulsi, mullein



## WOMEN HORMONE BOOST

REF: HFTL32836

- Supports regulate hormone balance, reducing cortisol levels
- Calming and soothing the nervous system
- activating energy for focus and clarity
- Its antioxidant properties can support the immune system and protect against oxidative stress.
- Pu-Erh and green tea increase energy, immune defence, bone health and cleanse toxins
- Chastberry and Shatavri regulate PMS and menopause reducing inflammation and balancing estrogen

**Ingredients:** Rooibos, nettle, rosehip, ginger, Chinese jasmine green tea, Chinese Pu-Erh tea, fennel, green mate, cinnamon, cocoa, pink pepper, strawberry, rose petal, cardamom, shatavri, Chaste Berry



## MENTAL DETOX BALANCE

REF HFTL115108

- Mental balance is connected to balancing the Gut.
- Nettle tea can help improve brain function and even create a slight mood boost.
- Dandelions contain several B vitamins, including B6 and folate, which support energy production and brain health.
- Brahmi is not only a memory-boosting herb but also a multifaceted tonic that can improve both mental and physical well-being
- Ashwagandha can mimic the effects of gamma-aminobutyric acid (GABA), a neurotransmitter that regulates anxiety and stress levels in the brain.

**Ingredients:** nettles, fennel, juniper berries, lemon balm, rose hip, licorice root, spearmint, dandelion root, peppermint, rocket root, ashwagandha, brahmi,

# Create Your Brand **Ayurveda Tea Lab** Price List

## Tea Choices

Includes:

- Loose Tea
- Cupboard Tube (No labelling included - cost below to add labelling)
- Bag

| Loose Tea            | 30g       | RRP  | 50g       | RRP   |
|----------------------|-----------|------|-----------|-------|
| No. of Teas per 5 kg | 150 boxes | -    | 100 boxes | -     |
| Price per unit       | 6.99      | 9.99 | 14.99     | 19.99 |
| Total Cost           | 1048.50   |      | 1.499     |       |

Minimum order per tea choice is 5kg

## Design work for your label:

- Prices vary depending on the complexity of your design, we can discuss this during our design review. Prices range from €175 - €300

## White Label Printing Options (for standard colours)

|     | 30g    | 50g    |
|-----|--------|--------|
| 100 | -      | 200.00 |
| 150 | 175.00 | -      |
| 300 | 250.00 | 300.00 |

# Bulk Buy Ayurveda Tea Lab Price List

## Tea Choices

Includes:

- Loose Tea
- Cupboard Tube (with health forest labels)
- Cotton Bag

| Loose Tea            | 30g      | RRP  | 50g      | RRP   |
|----------------------|----------|------|----------|-------|
| No. of Teas per 1 kg | 30 boxes | -    | 20 boxes | -     |
| Price per unit       | 6.99     | 9.99 | 14.99    | 19.99 |
| Total Cost           | 209.70   |      | 299.80   |       |

Minimum order per tea choice is 1kg



# Our Healthy Selection from our Organic **Tea Lab** Price List

Loose Tea is sold by 1kg without packaging:

| Loose Tea                        | Reference   | Price 1kg |
|----------------------------------|-------------|-----------|
| Morning Wakeup Boost             | HFTL-254-3  | 108.70    |
| Unwind Relax and Sleep           | HFTL-32821  | 99.70     |
| Kidney and Immune Boost          | HFTL-82406  | 108.70    |
| Digestive and Bloat Ease         | HFTL-81428  | 129.70    |
| Weight Loss Support              | HFTL-32822  | 99.70     |
| Anti Ageing                      | HFTL-57047  | 99.70     |
| Heart and Pineal Gland Coherence | HFTL-32828  | 117.10    |
| Liver Detox                      | HFTL-32809  | 90.40     |
| Summer Cooling Balance           | HFTL-32719  | 105.40    |
| Activate Prana Balance           | HFTL-21193  | 90.70     |
| Women Hormone Boost              | HFTL-32836  | 119.50    |
| Mental Detox Balance             | HFTL-115108 | 99.70     |

# Our Healthy Selection from our Organic **Tea Lab** Contact

## How to Order?

If you would like to order tea in bulk or create your own brand, please get in touch with the Sales Director or Manager.

## Contact Details:

**Sales Director:** Yildiz Ivgin

**Sales Manager:** Antonio Lutgens

## Contact Number:

**Email:** [healthforestshop@gmail.com](mailto:healthforestshop@gmail.com)

**Website:** [www.healthforestshop.com](http://www.healthforestshop.com)

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Thanks to our white label service, we have helped many individuals, hotels and companies to successfully launch their own organic tea brands.

Our credo as a tea wholesaler and supplier is to source from the best plantations and distribute to you at reasonable prices, giving all interested audiences access to all the high-quality teas worthy of the greatest tea houses.

Thank you





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**ONE SIP AT A TIME**