



INFUSÕES®
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INFUSÕES COM HISTÓRIA: Herbal Teas Riverside and Vineyards

Blend 6: Mild Herbal Infusion

Composition suggested:

Flowering stems of mastic thyme (*Origanum virens Hoffm. & Link.*, .)

Bay leaves (*Laurus nobilis* L.)

Walnut tree leaves (*Juglans regia* L.)

This herbal tea combines the ultimate fragrance and delicate flavor of the graceful mastic thyme with robust tastes from bay and walnut leaves. A pleasant sweet drink highlighting eucalyptus and camphor notes. To drink as warm as possible, recalling childhood memories and grandmothers' sweet-smelling legacy.

Plants have natural phytochemicals which may cause some side effects, depending on consumers' age and condition.

Basic recommendations for herbal tea:

Water temperature: about 90 °C

Amount of mixed herbs: about 10g/L

Suggested time: infuse in hot water for 5 to 7 minutes, and then filter the herbs with a tea strainer

Rationale:

Thymus mastichina is a species of the family Lamiaceae, endemic to the Iberian Peninsula. In late spring and during summer the dried globular inflorescences, covered with fine soft hairs, stand out in the wild landscape.

The blend benefits from species with interesting chemically constituents, considering nutritional and therapeutic purposes. Specifically in the case of mastic thyme, some amounts of vitamins (ascorbic acid and tocopherols), phenols and flavonoids, and essential oils have been quantified. Such bioactive compounds are important sources of antioxidants. Likewise nutritional characteristics (sugar, protein, lipids contents and energy) determined in experimental trials are suitable for diversified hypocaloric diets.

Its delicate aroma results essentially from the aromatic particularities of the thyme (fresh and sugary notes suggesting eucalyptus and camphor), enhanced with the typical laurel leaf profile. Such flavours will moderate the herbaceous, earthy and metallic character of laurel and walnut leaves.

Moreover, the notorious taste of this herbal tea is in line with its potential relaxing effect. In addition, their leaves and flowers are described as powerful antiseptic, deodorants and disinfectants, and also used for symptomatic treatment of colds and affections of the upper respiratory tract involving dry irritating cough. Therefore, mastic thyme matrices are ingredients of traditional herbal medicinal products.



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Some references:

European Medicines Agency (EMA) is a decentralized agency of the European Union (EU) responsible for the scientific evaluation, supervision and safety monitoring of medicines in the EU, including herbal substances, preparations and combinations. Monographs EMA available at:

<https://www.ema.europa.eu/en/human-regulatory/herbal-products/european-union-monographs-list-entries>

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