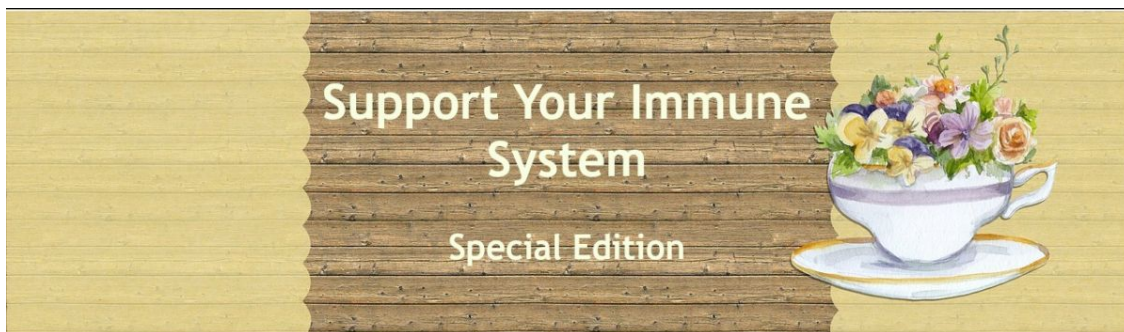


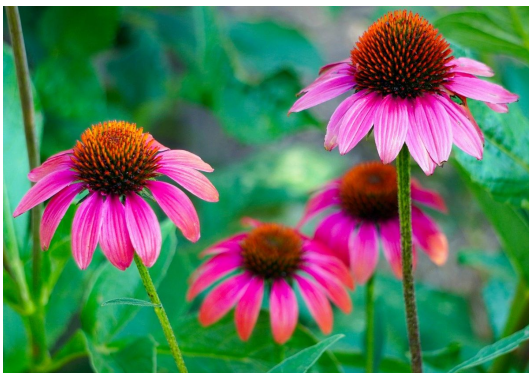


## Welcome to the Hippopot News



We are getting a lot of questions about how people can support their immune system during this terrible pandemic, and minimize the severity of the symptoms if you are unlucky enough to fall ill. By doing our bit to look after ourselves we are supporting and helping the NHS.

**We have 4 great tea blends available that we recommend you try:**



### **Echinacea Tea - stimulating and warming!**

The mixture of Echinacea root and flowering tops, rosemary and lemon verbena can be useful in reducing the severity of the symptoms of a cold.

Echinacea was traditionally used for coughs and colds. Recent scientific research supports this.

Echinacea tea can be drunk cold and even used as a cold gargle.

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### **Boost Tea**

This is a comforting antiseptic tea that can be useful when you have a cold or flu. It includes elderflower which is known for its antiseptic and tonic properties.

It is deliciously mild and sweet with a definite flavour of fennel and aniseed and can be soothing for a sore throat or chest infection.



### **Serenity Tea to support mental health**

Serenity Tea has the ability to restore the nervous system from stress and anxiety.

One of the valuable herbs in this blend is Skullcap. It is known to be a nerve tonic and has a deeper action on the nervous system.

Drink and relax into the evening forgetting the troubles of the world!

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### **NEW - Tummy Tonic Tea**

It can soothe the gut and help to avoid discomfort. The herbs have been specially chosen for their action in easing spasms and cramps and relieving wind and colic. Several are considered to be anti-inflammatory, and helpful in resisting infection.

It can be drunk at any time of the day.



# SPECIAL OFFER

**For a limited period  
we are offering free  
shipping to UK  
destinations when  
you spend £24 or  
more  
(4 packets of tea)**



[Order Now](#)

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## **Do you have a dry tickly cough?**

Make your favourite tea and add a spoonful of honey. Let it cool and then gargle. The herbs will help repair the membrane of the throat and the honey will be soothing

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We are going to be posting more tips on



our Facebook page and Instagram over the coming weeks so do connect with us.

Click on the icons below.



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