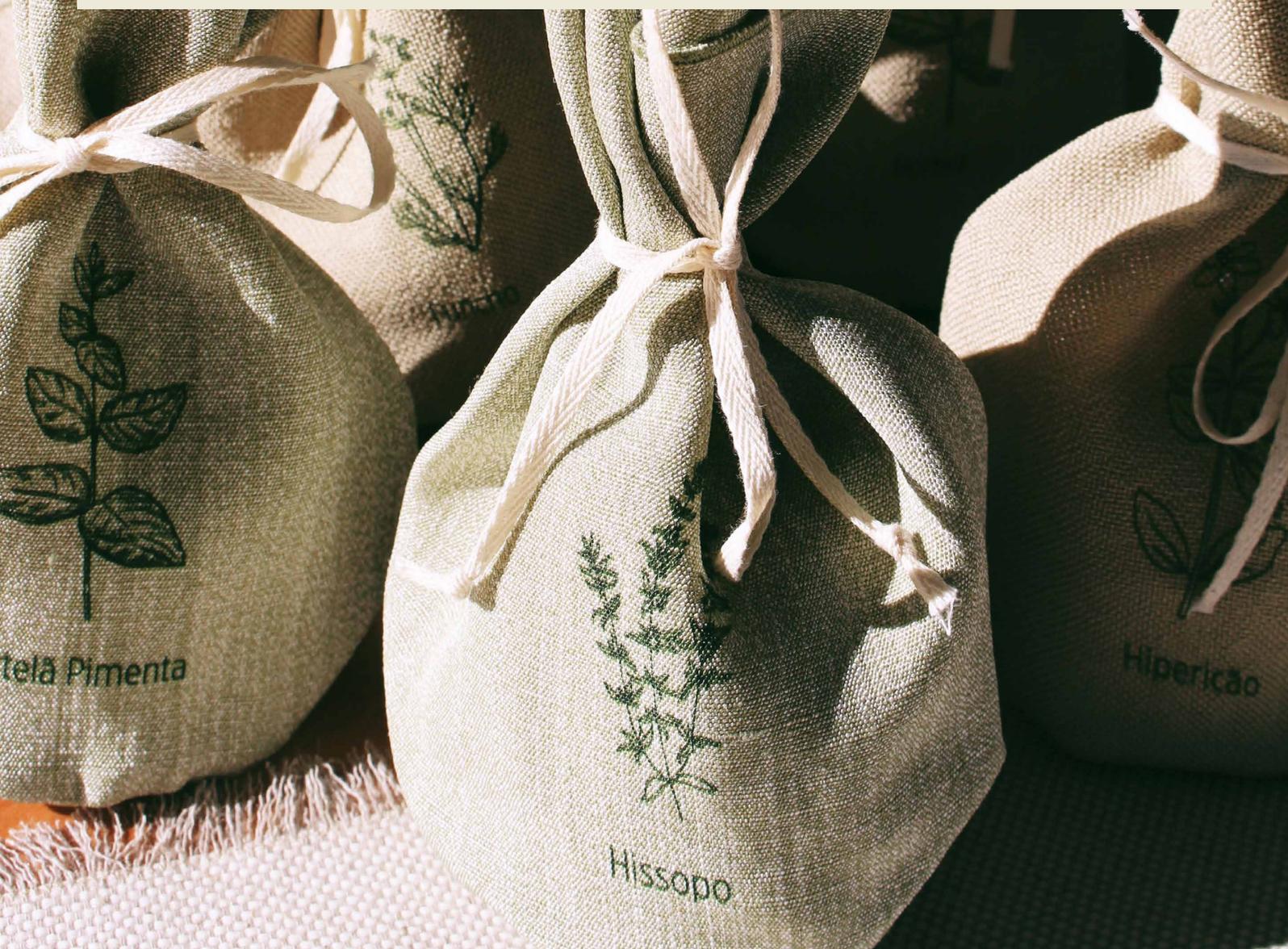


# LIVING TEA INFUSIONS

Feel the serenity, freshness and comfort with our infusions.



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LIVING TEA

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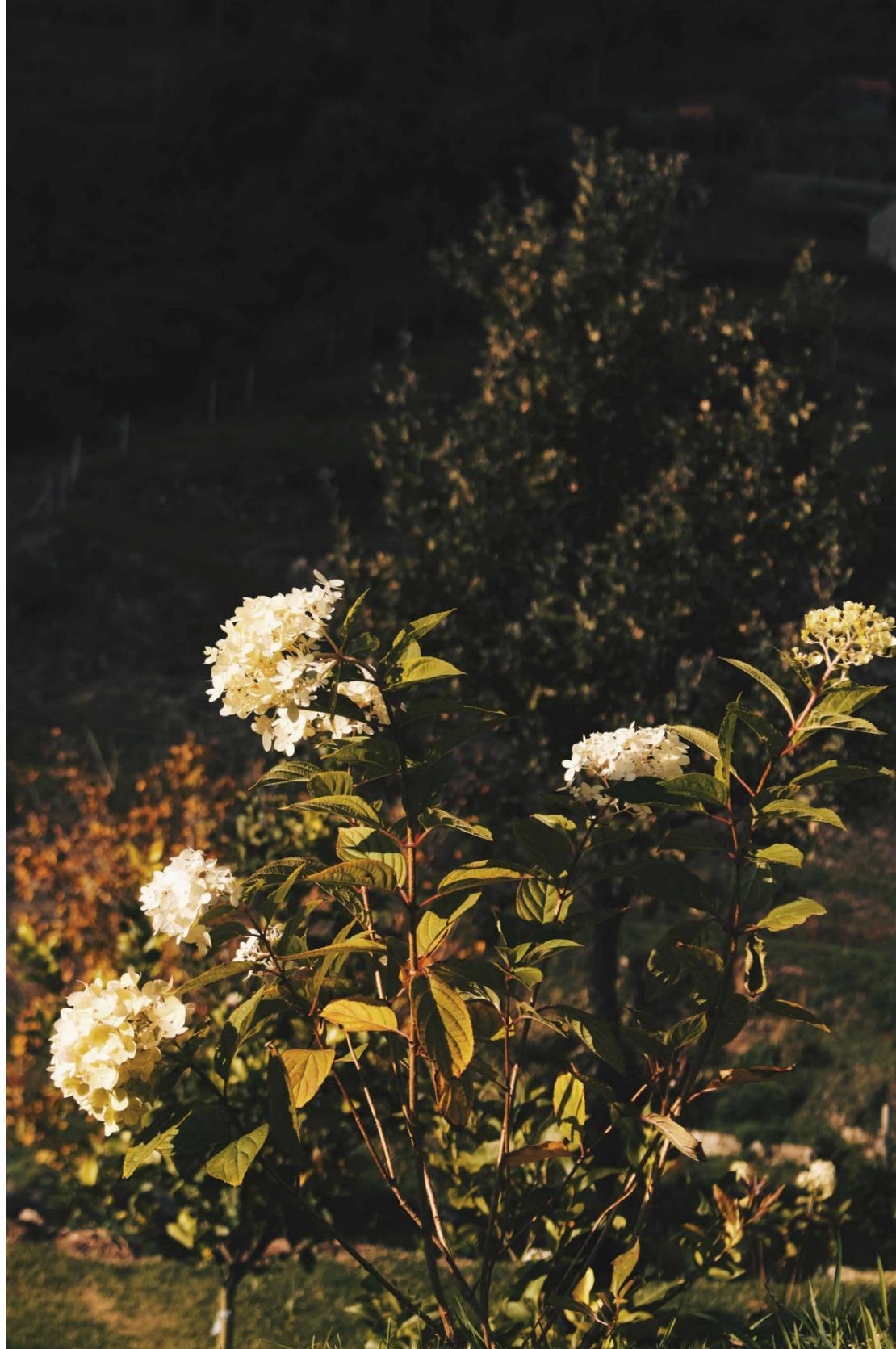
## The Quinta Diagares

Quinta Diagares, in Valadares, municipality of Baião, is located in one of the Portuguese municipalities with the best environmental quality, with the highest percentage of green and forested area in the district of Porto.

Once visited by Visigoths and Romans, and surrounded by a magnificent landscape, among vineyards and mountainous landscapes, cut by the bed of the Douro river, the region offers the proper environment for gastronomic virtuosity.

According to tradition, next to Quinta Diagares passes the Camino de Santiago, where pilgrims were given shelter. Quinta Diagares & D'Autor Market are committed to responsible food and the creation of local jobs.





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## LIVING TEA

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Tea is known worldwide as a social activity, especially in England, with the famous "5 o'clock tea".

In addition, there are countless benefits, as it provides health and well-being for the body. When consumed in moderation and without added sugar, tea has great hydration power, helps regulate body temperature, detoxifies and can help with digestion.

Living Tea infusions are produced at Quinta Diagares using premium quality organic ingredients.



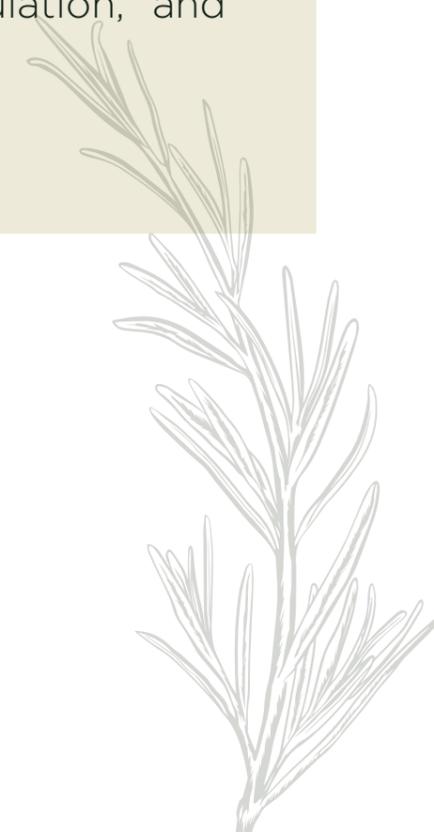
# Rosemary

Rosemary tea is known for its taste, aroma and health benefits.

## Therapeutic Properties and Indications

Rosemary tea has antioxidant and anti-inflammatory properties. It boosts the immune system, improves digestion, fights mental fatigue, protects liver health, helps control diabetes, fights inflammation, improves circulation, and may contribute to hair growth.

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# Mint

It has antioxidants, folic acid and vitamins A, B6, C, K and E. The menthol in mint is an efficient decongestant and expectorant.

## Therapeutic Properties and Indications

Peppermint tea acts as a relaxant for the stomach and intestine muscles, stimulating the secretion of bile. In addition, it has anti-inflammatory and analgesic properties, reduces coughing and nasal congestion, relieves menstrual symptoms and helps to reduce the possibility of some types of cancer. It also improves mental fatigue and assists in the treatment of infections.

It should not be ingested during pregnancy, breastfeeding, or by children under 5 years old. Contraindicated for people with reflux, hiatal hernia, kidney stone, gallbladder stone and gallbladder inflammation.



Quality organic product





# Peppermint

Peppermint is a medicinal plant with antimicrobial, decongestant, anti-inflammatory, antioxidant and analgesic properties.

## Therapeutic Properties and Indications

Peppermint tea works as a great nasal, digestive and analgesic decongestant. Acts on stomach weakness, colic and vomiting. Helps in the treatment of skin problems, fights excess gas, and relieves muscle pain, headaches and migraines. It also fights flu symptoms and mouth problems.

Its excessive consumption can cause irritation of the stomach mucous membranes and skin reactions such as itching, burning, redness or hives. It should not be taken during pregnancy or while breastfeeding.



Quality organic product





# Chocolate Mint

The refreshing taste awakens the mind, increasing focus and cognitive function. Its calming qualities can help digestive function and ease breathing problems.

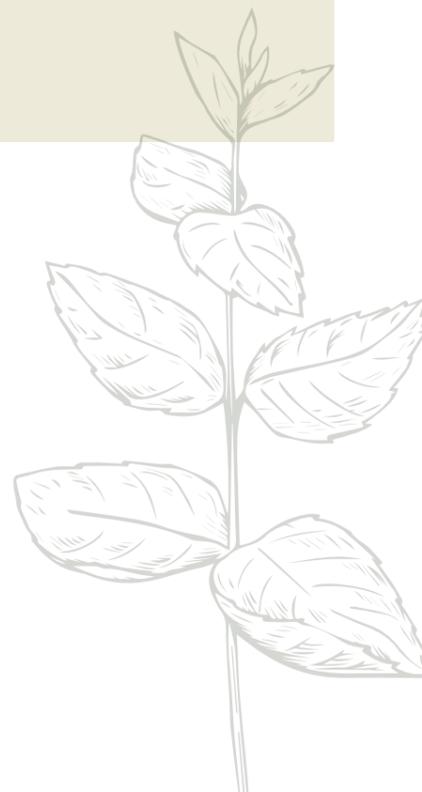
## Therapeutic Properties and Indications

Chocolate Mint tea has anti-inflammatory and antiviral properties. Reinvigorates the immune system, and prevents respiratory problems, allergies, eczema, hypertension, insomnia, headaches and stomach aches. Aids in the digestion of food, combats ageing and increases bone strength.

It should not be taken during pregnancy or while breastfeeding.



Quality organic product





# Lemon Verbena

Lemon Verbena is rich in essential oils that relax the nervous system and combat migraines, restlessness and insomnia.

## Therapeutic Properties and Indications

Lemon Verbena tea has digestive properties. Helps relieve gastrointestinal or menstrual cramps, migraines, nervousness, agitation and insomnia. Helps in the slimming process, and decreases cellulite, fever and blood pressure. It is an excellent ally in the fight against urinary infections.

Its prolonged use or, in excess, can cause irritation in the stomach. It should not be ingested during pregnancy, breastfeeding, or by people with kidney problems.





# Sage

Sage is a medicinal plant that has anti-inflammatory, antioxidant and healing properties, and is usually indicated for poor digestion and heartburn.

## Therapeutic Properties and Indications

Sage tea has anti-inflammatory, antioxidant, antimicrobial, analgesic and healing properties. It is used for poor digestion, excess intestinal gas, diarrhoea, heartburn, ulcers, excessive sweating, rheumatism, gout, cognitive disorders, inflammation of the mouth and pharynx mucosa, inflammation or skin lesions, lack of appetite, bad cholesterol and triglycerides tall.

It should not be ingested during pregnancy, breastfeeding, or by people with epilepsy.



Quality organic product





# Fennel

Rich in soft fiber and full of vitamins, magnesium, potassium, calcium and iron, Fennel is a "hunter" of intestinal gas and an excellent diuretic plant.

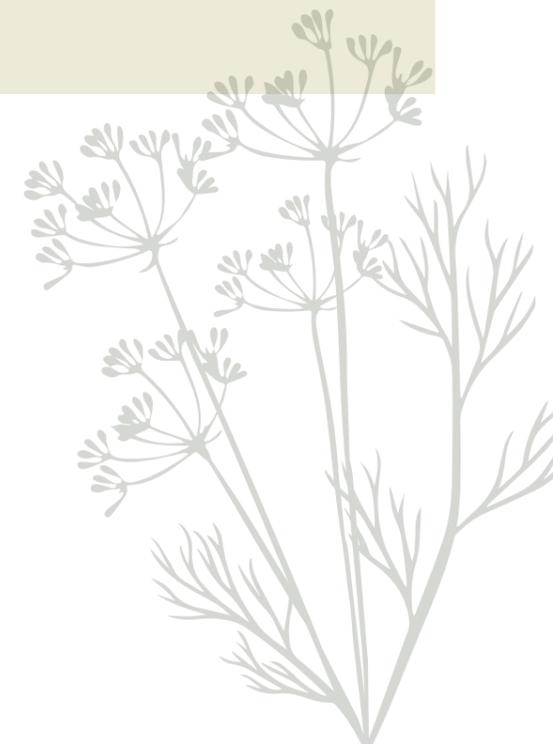
## Therapeutic Properties and Indications

Fennel tea is rich in fiber, vitamins, proteins, fats and carbohydrates. Stimulates digestion and increases breast milk. It reduces coughing, relieves colic, and flatulence, fights diarrhoea, and has diuretic effects.

May cause allergic skin reactions. Contraindicated in pregnancy and should not be consumed by people with epilepsy and women with high menstrual flow.



Quality organic product





# St. John's Wort

St. John's Wort is a plant used to treat insomnia and reduce anxiety, and is even considered the "best natural antidepressant" in existence.

## Therapeutic Properties and Indications

St. John's Wort tea acts as an antidepressant, helping to relieve symptoms of anxiety and insomnia. It has antibacterial properties.

The use of this plant can contribute to a decrease in the action of medications taken regularly. A cup of tea in the evening is recommended for a good night's sleep.



Quality organic product





# Lemon Balm

The benefits of Lemon Balm tea are varied, with its calming effect being its main advantage.

## Therapeutic Properties and Indications

Lemon Balm tea is a great ally in helping menstrual cramps, insomnia and stomach pains. It also helps to reduce symptoms of anxiety and stress, muscle tension, headaches, migraines and gastrointestinal gases.

When consumed in excessive amounts or for longer than recommended, it can cause nausea, vomiting, abdominal pain, dizziness, decreased heart rate, drowsiness, drop in blood pressure and wheezing. It should not be taken with sleeping medication.





# Hyssop

Hyssop is often mentioned as a herb used to cleanse the body. The plant is also used to relieve anxiety and encourage focus.

## Therapeutic Properties and Indications

Hyssop tea is used to treat respiratory tract infections, coughs, colds, flu, bronchitis, sinusitis and asthma. It increases the appetite, and also works as a digestive. Fights flatulence and constipation. Assists in relieving symptoms of anxiety and depression. It helps to strengthen the immune system, against infections and viruses. It can also be used to flavour and disinfect environments.

It should not be ingested during pregnancy or by people with epilepsy.



Quality organic product





## Preparation suggestion

**Water temperature:** Around 90 °C.

**Quantity:** About 10g/L of the mixture.

**Infusion time:** Let it rest for about 7 to 9 minutes. Strain at the end.

To obtain a clearer and less intense infusion, reduce the infusion time to a minimum or the amount to 6g/L.

## Follow us

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## Location

DAUTORMARKET.PT  
Quinta Diagares  
Rua Central de Bruzende  
4640-585 - Baião - Portugal

**D' Autor**  
market