

CAFFEINE
FREE
HERBAL
TEA



Packaged:

LOT# _____

1 oz

Hickory Heal Farm
SNOOZE

Stop the mental to-do list and go to sleep.

All Organic: Valerian, kava, linden, mint,
passionflower, hops, nutmeg

**Snooze tea should not be taken if pregnant or
breastfeeding.**

To Sleep: Bring 6oz of water to a boil. Add
1 tbsp of tea to water. Cover and Steep for
5 min.

Strain. Add Honey if desired. Goodnight.

www.hickoryhealfarm.com
Maben, MS