

Rosehips

Bright vitamin-rich berries traditionally used for wellness and immune support.

Official Botanical Name: *Rosa canina*

Brief Description: Rosehips are the fruit of the rose plant and are traditionally used in teas, syrups, and wellness blends for their vibrant flavour and naturally occurring vitamin C content.

Benefits

- Naturally rich in vitamin C and antioxidants
- Traditionally used during seasonal wellness routines
- Supports skin-focused wellness rituals
- Popular in teas, syrups, and botanical blends
- Bright tart flavour for herbal beverages

Ways to Use

- Herbal tea
- Syrups and jams
- Wellness blends
- Iced tea
- Seasonal support routines

Instructions

- Steep crushed rosehips in hot water for 10–15 minutes.
- Strain well before drinking.
- Blend with hibiscus, elderberry, or cinnamon.

Suggested Adult Use: 1–2 cups tea daily as desired.

Medication Warnings & Safety Notes: Use caution with kidney stones, blood thinners, iron disorders, pregnancy, breastfeeding, or diabetes medication.

Educational use only. These statements have not been evaluated by Health Canada or the FDA. This product is not intended to diagnose, treat, cure, or prevent disease. Consult a qualified healthcare professional before using herbal products if pregnant, nursing, taking medication, or managing a medical condition.