

Hibiscus Petals

A vibrant tart botanical traditionally used for refreshing wellness teas and antioxidant support.

Official Botanical Name: *Hibiscus sabdariffa*

Brief Description: Hibiscus petals are a bright ruby-red botanical traditionally used in herbal teas, wellness beverages, and cooling seasonal blends. Known for their tart cranberry-like flavour, hibiscus petals are naturally rich in antioxidants and are popular in both hot and iced herbal infusions.

Benefits

- Rich in naturally occurring antioxidants
- Traditionally used in circulation-focused wellness routines
- Refreshing cooling botanical support
- Popular in hydration and summer wellness beverages
- Naturally caffeine-free herbal tea option
- Supports vibrant herbal tea blends and wellness rituals

Ways to Use

- Hot herbal tea
- Iced tea or lemonade blends
- Wellness mocktails and herbal beverages
- Syrups and herbal infusions
- Tea blends with rosehips, elderberry, or mint
- Botanical bath and self-care rituals

Instructions

- Steep 1–2 tsp of hibiscus petals in hot water for 5–10 minutes.
- Enjoy warm or chilled over ice.
- Sweeten with honey or stevia if desired.
- Combine with citrus, berries, or mint for refreshing tea blends.
- Store tightly sealed away from heat, moisture, and sunlight.

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

Medication Warnings & Safety Notes: Use caution with low blood pressure, blood pressure medication, diabetes medication, pregnancy, breastfeeding, or medications affected by blood sugar or circulation. May have mild diuretic effects in some individuals. Discontinue use if irritation or sensitivity occurs.

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.