

# RED RASPBERRY LEAF

Nourishing Herb Traditionally Used for Women's Wellness & Herbal Support

Botanical Name: *Rubus idaeus*  
Common Names: Red Raspberry Leaf  
Plant Family: Rosaceae

Red raspberry leaf has been traditionally valued for generations in women's wellness traditions and is widely appreciated as a nourishing botanical herb. Our red raspberry leaf is carefully sourced for freshness, colour and quality.



## TRADITIONALLY USED FOR

Red raspberry leaf has traditionally been used to support:

- Women's wellness routines
- Mineral-rich nourishment
- General vitality and wellness
- Herbal balance support
- Nourishing wellness infusions
- Daily herbal nourishment

## WAYS TO USE

**Herbal Tea & Infusions**  
Traditionally steeped into nourishing mineral-rich infusions.

**Wellness Blends**  
Often included in women's wellness and nourishing formulas.

**Botanical Preparations**  
Commonly used in tinctures and wellness blends.

## HERBAL PAIRINGS & SYNERGIES

For Women's Wellness  
Pairs beautifully with:

- Nettle
- Oatstraw
- Vitex Berries
- Lemon Balm

For Nourishment & Vitality

Often blended with:

- Alfalfa
- Rosehips
- Chamomile
- Holy Basil

### Nutritional Highlights

Red raspberry leaf naturally contains minerals and plant compounds traditionally valued in nourishing wellness practices.

### Suggested Use

Enjoy daily in teas or wellness blends as desired.

### Storage

Store in a cool, dry place away from moisture and direct sunlight.

### Precautions

Do not ingest. Avoid applying to broken skin. Consult your healthcare practitioner before use if pregnant, breastfeeding or managing a medical condition.

### Disclaimer

These statements have not been evaluated by Health Canada. This product is not intended to diagnose, treat, cure or prevent any disease.

Taste	Energetics	Best Time to Use	Pairs Well With
Mild, earthy, slightly floral	Neutral to cooling	Daily wellness	Nettle, oatstraw, vitex, lemon balm

