



## The Tropace Company Tea Benefits

### Tropace Hibiscus Immunity Tea Benefits

- **Protects with Anti-Oxidants**
  - Gingerol (from ginger), Eugenol (from clove), Piperine (from black pepper)
- **Fights Inflammation** (reduces swelling)
- **Lowers Blood Pressure**
  - High blood pressure is where hibiscus really shines.
    - A study from Tufts showed that three daily cups of hibiscus tea significantly lowered blood pressure in pre-hypertensive adults better than placebo, with a drop in the subjects' systolic blood pressure by six points over the control group. To put that into perspective, on a population scale, a five-point drop may lead to 14 percent fewer stroke deaths, 9 percent fewer fatal heart attacks, and 7 percent fewer deaths overall each year.
    - What happened when hibiscus tea was tested head-to-head against a leading blood pressure drug? Two cups of strong hibiscus tea every morning (using a total of five tea bags) was as effective in lowering subjects' blood pressure as a starting dose of Captopril taken twice a day, but without the drug's side effects.
- **Lowers Cholesterol**
- **Lowers blood sugar**
- **Digestive support**
  - Gingerol, a natural component of ginger root, benefits gastrointestinal motility — the rate at which food exits the stomach and continues along the digestive process. Eating ginger encourages efficient digestion, so food doesn't linger as long in the gut
- **Nausea relief** from bloating/gas; pregnancy; chemotherapy
- **Cloves** contain eugenol, which may have anti-inflammatory and antibacterial properties. Cloves contain a lot of manganese, a mineral that helps your body manage the enzymes that help repair your bones and make hormones. Manganese can also act as an antioxidant that protects your body from harmful free radicals (unstable atoms that cause cell damage).

- **Nutrient enhancer** - We know that the Piperine compound also helps with absorbing nutrients like iron and beta-carotene
  - Gut health - [Research from 2013 Trusted Source](#) suggests black pepper may help boost nutrient absorption, as well as display prebiotic-like behavior, helping regulate intestinal microbiota and enhance gastrointestinal health
- **Links**
  - <https://health.clevelandclinic.org/benefits-of-hibiscus>
  - [https://www.researchgate.net/publication/312148872\\_THERAPEUTIC\\_POTENTIAL\\_OF\\_HIBISCUS\\_ROSA\\_SINENSIS\\_A\\_REVIEW](https://www.researchgate.net/publication/312148872_THERAPEUTIC_POTENTIAL_OF_HIBISCUS_ROSA_SINENSIS_A_REVIEW)
  - <https://nutritionfacts.org/topics/hibiscus-tea/#:~:text=In%20a%20comparison%20of%20the,the%20oft%20labeled%20green%20tea>
  - <https://pmc.ncbi.nlm.nih.gov/articles/PMC7019938/#sec5-nutrients-12-00157>
  - <https://www.hopkinsmedicine.org/health/wellness-and-prevention/ginger-benefits>
  - <https://www.webmd.com/diet/ss/slideshow-health-benefits-ginger>
  - <https://health.clevelandclinic.org/ginger-health-benefits>
  - <https://www.medicalnewstoday.com/articles/265990#benefits>
  - <https://www.mountsinai.org/health-library/herb/ginger#:~:text=Preliminary%20studies%20suggest%20that%20ginger,for%20heart%20disease%20and%20diabetes>
  - <https://www.uclahealth.org/news/article/why-you-should-consider-adding-ginger-to-your-diet#:~:text=Reduces%20risk%20of%20heart%20disease,cholesterol%20and%20blood%20triglyceride%20levels>
  - <https://pmc.ncbi.nlm.nih.gov/articles/PMC3819475/#s3>
  - <https://health.clevelandclinic.org/benefits-of-cloves>
  - <https://www.webmd.com/diet/health-benefits-cloves>
  - <https://www.healthline.com/nutrition/benefits-of-cloves#risks>
  - <https://health.clevelandclinic.org/benefits-of-black-pepper>
  - <https://www.medicalnewstoday.com/articles/black-pepper-benefits#health-benefits>
  - <https://www.healthline.com/nutrition/black-pepper-benefits#710.-Other-benefits>
  - <https://pubmed.ncbi.nlm.nih.gov/23768180/>

## **Tropace Hibiscus Nursing Tea Benefits**

### **Hibiscus Flower**

- **Protects with Anti-Oxidants**
- **Fights Inflammation**
- **Lowers Blood Pressure**
  - Additional research info: High blood pressure is where hibiscus really shines.
    - A study from Tufts showed that three daily cups of hibiscus tea significantly lowered blood pressure in pre-hypertensive adults better than placebo, with a drop in the subjects' systolic blood pressure by six points over the control group. To put that into perspective, on a population scale, a five-point drop may lead to 14 percent fewer stroke deaths, 9 percent fewer fatal heart attacks, and 7 percent fewer deaths overall each year.
    - What happened when hibiscus tea was tested head-to-head against a leading blood pressure drug? Two cups of strong hibiscus tea every morning (using a total of five tea bags) was as effective in lowering subjects' blood pressure as a starting dose of Captopril taken twice a day, but without the drug's side effects.
- **Lactation Aid**
  - Breasts are modified sweat glands and fenugreek has been found to stimulate sweat production as it contains hormone precursor to increase milk formation. Some scientists reported that fenugreek can increase a nursing mother's milk supply within 24–72 h after first taking the herb (Snehlata and Payal, 2012).
  - Another study showed women who drank the tea were able to produce double the amount of milk compared to mothers who didn't drink the tea
- **Digestive support**
- **Lowers Cholesterol**
- **Menstrual cramps relief**
  - could reduce and shorten the duration of menstrual pain, such as cramps

- Libido Boost
- Blood health – High in iron which is essential for red blood cells
- Improves heart health – may lower high blood pressure levels and cholesterol level
- **Links**
  - <https://health.clevelandclinic.org/benefits-of-hibiscus>
  - [https://www.researchgate.net/publication/312148872\\_THERAPEUTIC\\_POTENTIAL\\_OF\\_HIBISCUS\\_ROSA\\_SINENSIS\\_A\\_REVIEW](https://www.researchgate.net/publication/312148872_THERAPEUTIC_POTENTIAL_OF_HIBISCUS_ROSA_SINENSIS_A_REVIEW)
  - <https://nutritionfacts.org/topics/hibiscus-tea/#:~:text=In%20a%20comparison%20of%20the,the%20oft%20lau ded%20green%20tea>
  - <https://www.sciencedirect.com/science/article/pii/S1658077X15301065>
  - <https://www.webmd.com/diet/health-benefits-of-fenugreek>
  - <https://www.verywellhealth.com/the-benefits-of-anise-88608#:~:text=This%20herb%20may%20ease%20menstrual,reviewed%20by%20Melissa%20Nieves%2C%20LND>
  - <https://www.webmd.com/diet/health-benefits-anise>
  - <https://www.vinmec.com/eng/article/7-health-benefits-and-uses-of-anise-seeds-en>
  - <https://pmc.ncbi.nlm.nih.gov/articles/PMC3598435/>
  - <https://pmc.ncbi.nlm.nih.gov/articles/PMC4259168/>
  - <https://www.webmd.com/diet/health-benefits-coriander>
  - <https://www.allthatgrows.in/blogs/posts/health-benefits-of-coriander?srsId=AfmBOooC5rPHLXKB4mmlxN1uMMKrdOpTCQE7Pm6r4H3pXLHq2GgpJSfJ>
  - <https://draxe.com/nutrition/coriander/#:~:text=Due%20to%20its%20ability%20to,or%20are%20currently%20taking%20medication.>
  - <https://pmc.ncbi.nlm.nih.gov/articles/PMC8747064/#:~:text=The%20seeds%20have%20been%20prescribed,are%20presented%20in%20Table%202.>

### **Tropace Rooibos Chai Tea Benefits**

- A notable property of rooibos is that it is particularly low in tannins (4.4%). This makes it a good choice for those who prefer a milder tasting tea or for

those who experience digestive problems following the consumption of tannin-rich drinks.

- **Digestive Support**
- **Immunity Boost – Great source of Anti-Oxidants**
  - Rooibos contains polyphenols like aspalathin that are unique to the plant (Anti-oxidant) – only known source!
  - The antioxidants in Rooibos are potent enough to measurably elevate the antioxidant levels in blood, thereby boosting the body's internal defence systems against disease. The effect peaks about one hour after drinking 500 ml Rooibos
- **Supports heart health**
- **Reduce Inflammation**
- **Promote weight loss**
  - One study suggests rooibos tea may also help with weight loss or weight management by increasing levels of leptin. This hormone sends signals to the brain that can suppress feelings of hunger and regulate food intake. The same study also found that rooibos tea encouraged metabolism and limited the formation of new fat cells
- **Helps control blood sugar**
- **Nutrient enhancer** - We know that the Piper compound also helps with absorbing nutrients like iron and beta-carotene
- **Links**
  - <https://www.webmd.com/diet/health-benefits-rooibos>
  - <https://sarooibos.co.za/health-facts/>
  - <https://www.webmd.com/diet/health-benefits-cardamom>
  - <https://www.webmd.com/diet/health-benefits-cinnamon-tea>
  - <https://www.medicalnewstoday.com/articles/266069#nutrition>
  - <https://health.clevelandclinic.org/benefits-of-black-pepper>
  - <https://www.medicalnewstoday.com/articles/black-pepper-benefits#health-benefits>
  - <https://www.healthline.com/nutrition/black-pepper-benefits#710.-Other-benefits>
  - <https://pubmed.ncbi.nlm.nih.gov/23768180/>