



The infographic features a central illustration of a blue and pink human figure with arms outstretched, surrounded by green virus-like particles. To the right is a white cup of tea on a saucer, with the 5color diet logo on the cup. Below the cup are four circular insets showing the ingredients: dried rose buds, dried chrysanthemum flowers, dried peppermint leaves, and a jar of honey with a wooden dipper. The text 'Boost Immunity?' and '改善免疫力?' is written in red above the cup. At the bottom, the title 'Rose Buds Chrysanthemum Peppermint Tea' and its Chinese translation '玫瑰菊花薄荷茶' are displayed, followed by the source '@ 5Color Diet: Healthy Recipes'.

Boost Immunity?
改善免疫力?

Rose Buds Chrysanthemum Peppermint Tea
玫瑰菊花薄荷茶 @ 5Color Diet: Healthy Recipes

Serving size: 1 cup of 250ml.

Benefits: Helps to de-stress, improve insomnia, promote lung & skin health, boost immune system, etc.

Ingredients

Dried Chrysanthemum – 3-5 pieces (0.6-1 gram).

Dried Peppermint – 2-3 leaves (0.4-0.6 gram).

Dried Rose Buds – 3 pieces (1 gram).

Honey or maltose – 1 teaspoon or as desired.

Hot boiling water – 1 cup of 250ml.

*** Daily recommended dosage: Dried Chrysanthemum not more than 30 grams; Dried Peppermint not more than 6 grams & Dried Rose Buds 1.5-6 grams.**

Preparation

(1) Rinse **all ingredients** with tap or distilled water & discard water. Then rinse again with hot water & discard water.

(2) Add washed ingredients together to 1 cup of hot boiling water, cover with a lid & steep for 10 to 15 minutes. After 15 minutes, remove lid then add **Maltose or Honey**, stir well & drink anytime.

Note

(1) Suitable for everyone. For adults: take 1-3 cups daily & for children aged 5-12 years old: Take ½-1 cup once every 2-3 days.

(2) Moderate intake of **Chrysanthemum** for those who have skin allergic problems because **Chrysanthemum** may cause allergic skin reaction & sun sensitivity. Large oral doses have been associated with nausea, vomiting & anorexia.

(3) **Chrysanthemum & Peppermint Leaves** have not enough reliable information about the safety intake for pregnant or breastfeeding women, so if you are pregnant or breast feeding, do **take in moderation**.

(4) **Peppermint Leaves** may cause some side effects including heartburn and allergic reactions including flushing, headaches & mouth sores so if you experience such symptoms, **do take in moderation**.

Caution: To drink this tea infusion at an interval of ½ to 1 hours from medications.