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The History and Benefits of Herbal Beverages

by [Sunrider International](#) on Monday, August 29, 2011 at 3:15pm



Although Sunrider® herbal beverages are made with ultramodern processing methods, they're steeped in ancient tea traditions and herbal knowledge.

Herbal beverages are at least as old as "regular" teas (such as black, oolong, green, or white tea), and have been an important part of cultures and lifestyles throughout recorded history. An herbal beverage in its simplest form is the result of adding boiling water to herbs. Also called "infusions" or "herbal tisanes," herbal beverages are traditionally brewed from the roots, stems, bark, fruit, leaves, or flowers of plants, which impart flavor and a pleasing aroma.

Herb: a plant or plant part valued for its medicinal, savory, or aromatic qualities.

Pronunciation: urb (US) or, especially in Britain, hurb.

Documents have been recovered dating back to ancient Egypt and China that discuss the enjoyment and uses of herbal beverages. These days, as in the past, herbal beverages are enjoyed for relaxation, refreshment, and promoting good health. Herbal beverages also provide the perfect accompaniment to any social gathering, and serve as an ideal year-round beverage that can be imbibed hot or cold.



Like regular tea, herbal beverages have long been valued for their restorative properties. Most modern medicines are distilled from herbal plants, or copied from nature in the form of synthetic compounds. Scientific research confirms what Asians have believed for centuries—many teas have potent health benefits, as they contain natural antioxidants, which have been shown to be effective in absorbing free radicals. The ingredient from which these natural antioxidants derive is *Camellia sinensis*, the species of plant whose leaves and leaf buds are used to produce regular tea.



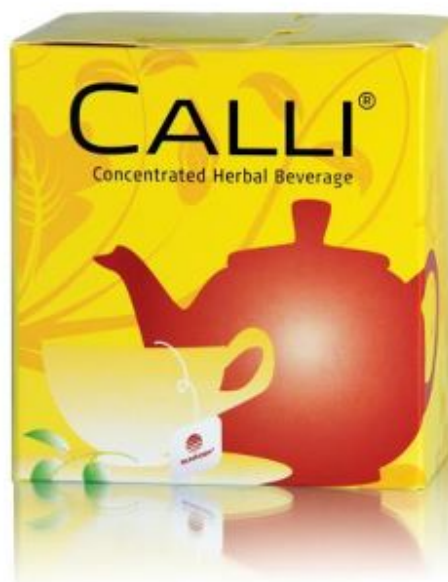
Camellia sinensis extract is also a main ingredient in Sunrider's signature herbal beverages, Calli® and Fortune Delight®. We extract and concentrate the beneficial antioxidants of Camellia sinensis, while minimizing the negative ingredients, to form the base for our herbal beverages. Then, we use a proprietary process to spray dry additional concentrated herbal extracts onto the Camellia sinensis base to improve the delivery of the herbal nutrients. Sunrider's process of extraction and concentration greatly enhances the release of tea catechins, antioxidants, and bioflavonoids that the usual methods of grinding and mixing cannot achieve.



As Dr. Chen said, "There is an abundance of research that highlights the benefits of tea catechins and polyphenols. The problem with regular tea is that catechins don't dissolve in water very well. Also, if you put tea in water, the water dilutes the tea and you won't get the full benefits. We specially process Fortune Delight® and Calli® by concentrating the tea so that the polyphenols are effective even when water is added."



Because they contain *Camellia sinensis*, Fortune Delight® and Calli® have a basis in traditional tea, but because of their unique formulations and extraction and concentration process, these products are more than simply teas or herbal infusions. Fortune Delight® and Calli® transcend typical beverage categorizations, and have achieved distinction as true “super beverages.” No matter what you call them, we think you’ll agree that after you experience their delicious, nutritious qualities, you’ll want to make them part of your healthy lifestyle.



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