

## Malotira tea



20 gr. Healthy Cretan Mountain Tea with a tradition of 3000 years!

Rating: Not Rated Yet

**Price:**

Variant price modifier:

Base price with tax: 4,00 €

Price with discount: 3,74 €

Salesprice with discount:

Sales price: 4,00 €

Sales price without tax: 3,74 €

Discount:

Tax amount: 0,26 €

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### Description

Sideritis Syriaca, known in Crete as "Malotira", was always used as breakfast drink of Cretans. The original malotira grows at an altitude ranging from 900 to 2000 m. on the mountains of western Crete. The Cretan mountain tea or Malotira is a delicious drink with wonderful aroma and taste, suitable for daily use.

{tip Please note::The information on the medicinal properties of herbs and diseases, which are contained in this site, originate from folk habits and traditions, speculations passed on from one generation to the next, and have not been studied scientifically in depth

THEY ARE NOT MEDICAL ADVICE,  
PRESCRIPTION OR SUSPENSION OF MEDICINAL TREATMENT.

Use the herbs in moderation since according to the individual's system some herbs can cause side effects or interact with other medicinal products and it is not recommended to replace medicine with the use of any herb.

For any disease and treatment

YOU MUST ALWAYS CONSULT WITH YOUR PHYSICIAN!}How to use:{/tip} The Venetians used it against gastric and respiratory disorders , following the instructions of the Cretans.

In addition to the properties that history and tradition attributes to it, mountain tea seems to have expectorant , diaphoretic and spasmolytic abilities to act against diarrhea and indigestion , while it is rich in flavonoids with antioxidant qualities similar to those of green tea. It is believed that, among other things, it is beneficial for the blood vessels of the heart as well. Put one tablespoon of Malotira in 150-200 gr. boiling water, leave 7-8 minutes, strain, add some honey if you wish, and enjoy!