# NutraTea launches sustainable herbal teas targeting menopause and PCOS symptoms



The wellness industry continues to evolve, with an increasing focus on natural remedies tailored specifically for women's health. Recently, a new line of NutraTea products was launched in the UK, aimed at supporting women navigating the transformative phases of their lives, particularly perimenopause and menopause. This range includes two new formulations: NutraMeno, designed for those experiencing menopause-related symptoms, and Spearmint & White Peony, which targets issues associated with polycystic ovary syndrome (PCOS).

NutraMeno is a herbal tea blend priced at £5.99 for a box of 20 biodegradable tea bags. Each bag contains 100% active botanical ingredients, ensuring no fillers or unwanted additives are included. The formulation features key ingredients such as Red Clover, Sage, Lemon Balm, and Shatavari Root, each chosen for their potential to help maintain hormonal balance and promote overall well-being during menopause. Notably, the tea is vegan, caffeine-free, and encourages sustainability practices by allowing each tea bag to be reused multiple times throughout the day.

Co-Founder Anish Patel spoke about this latest expansion, stating, "Our women’s health blends have been incredibly well-received, so expanding the range with NutraMeno and Spearmint & White Peony was a natural next step. We’re proud to now offer a comprehensive collection that delivers effective, natural support for women through every stage of life." This reflects a growing trend in the wellness industry where brands are increasingly attentive to the specific health concerns of women at various life stages.

The introduction of NutraTea's new offerings aligns with broader trends in the market, where the demand for women's health-focused botanical teas is on the rise. These products cater not only to the need for hormonal balance but also to a more holistic approach to women’s health. Other brands, such as Natures Organica, also develop herbal blends designed to aid women grappling with PCOS, featuring a mix of ginger, fenugreek, and spearmint to help address a multitude of symptoms associated with the condition.

The interest in specialised teas for menopause management represents a shift towards non-pharmaceutical solutions that prioritise natural ingredients and sustainable practices. For instance, the use of biodegradable tea bags in NutraTea’s product line underscores a commitment to eco-friendliness, a factor that increasingly resonates with consumers. This trend speaks to a broader movement within the health and wellness industry, where sustainability and ethical sourcing are becoming paramount.

In tandem with these developments, other products aimed at supporting women’s health include organic blends from companies such as Namhya and PCOS Herbal Tea. These brands provide a variety of offerings tailored to alleviate symptoms associated with conditions like PCOS, including tailored ingredients to promote hormone balance and reproductive health. Such innovation highlights the potential for growth within the wellness market, particularly in areas focused on herbal supplementation and women’s personal care.

As the market for wellness products continues to expand, the emphasis on natural remedies, coupled with sustainable practices, sets a promising direction for future developments. For women seeking effective support during transitional life stages, NutraTea’s products, alongside a growing array of herbal solutions, offer encouraging options. The challenge now lies in maintaining the integrity of these products while ensuring they remain accessible and beneficial to the women who need them most.

### Reference Map

1. Paragraph 1: (1)
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Source: [Noah Wire Services](https://www.noahwire.com)

## Bibliography

1. <https://www.trendhunter.com/trends/nutratea-products> - Please view link - unable to able to access data
2. <https://nutratea.co.uk/product/nutrameno-menopause-tea/> - NutraMeno is a herbal tea blend formulated to support women during menopause and perimenopause. Priced at £5.99 for a box of 20 biodegradable tea bags, each containing 100% active botanical ingredients without fillers or additives. Key ingredients include Red Clover, Sage, Lemon Balm, and Shatavari Root, aimed at maintaining hormonal balance and overall well-being during this life stage. The tea is vegan, caffeine-free, and each tea bag can be reused up to three times a day, promoting sustainability.
3. <https://naturesorganica.com/product/pcos-care-tea/> - Natures Organica's PCOS Care Tea is a herbal blend designed to support women's health, particularly those experiencing Polycystic Ovary Syndrome (PCOS). The tea combines ingredients like Ginger, Fenugreek, Spearmint, Cinnamon, Fennel, Tulsi, Shatavari, Lodhra, and Ashok Bark to help balance hormones, support reproductive health, boost metabolism, aid digestion, reduce inflammation, and provide calming effects. It is natural, caffeine-free, and free from artificial additives and preservatives, offering a holistic approach to managing PCOS symptoms.
4. <https://www.amazon.com/Periods-Shatavari-Hormone-Balance-Servings/dp/B0BT7YGM4S> - Namhya Women's Health Tea+ is an organic loose-leaf tea blend formulated to support hormone balance in women with PCOS and PCOD. The blend includes Spearmint, Shatavari, and Ashoka, aiming to provide period relief, hormone balance, menstrual cycle support, and promote healthy skin. The tea is organic, plant-based, and offers a nourishing taste. Optimal results are seen in 3-6 months, and the product comes with a satisfaction guarantee for customer peace of mind.
5. <https://www.pcosherbaltea.com/collections/all> - PCOS Herbal Tea offers a range of products tailored to support women's health, particularly those dealing with PCOS. Their offerings include the 6 Pack PCOS Sampler Tea, Hair Growth Tea, Healthy Skin Tea, Menopause Tea, Organic Spearmint Capsules, PCOS Balance Tea, PCOS Box Kit, PCOS Spearmint Tea, and Prenatal Fertility Gummies. Each product is designed to address specific health concerns associated with PCOS, providing natural and holistic support for women.
6. <https://www.amazon.com/MENOPAUSE-TEA-Menopause-wellness-menopause/dp/B0DB8XBC1K> - MENOPAUSE TEA is a herbal blend formulated to provide relief for menopause symptoms, including cooling effects and hormone balance. The tea comes in 20 premium tea sachets and is designed to support women's wellness during menopause. The product is available on Amazon and has received positive customer reviews, indicating its effectiveness in managing menopause-related discomforts.
7. <https://www.pcosherbaltea.com/collections/all> - PCOS Herbal Tea offers a comprehensive selection of products aimed at supporting women's health, especially those affected by PCOS. Their product line includes the 6 Pack PCOS Sampler Tea, Hair Growth Tea, Healthy Skin Tea, Menopause Tea, Organic Spearmint Capsules, PCOS Balance Tea, PCOS Box Kit, PCOS Spearmint Tea, and Prenatal Fertility Gummies. Each item is crafted to address specific health concerns related to PCOS, offering natural and holistic support for women.