



myEphelia
for moms and babies



myEphelia Introduces Two New Teas for Breastfeeding Mothers and Toddlers – Without Fennel

myEphelia is pleased to announce the expansion of its tea range focusing on pregnancy, childbirth, and the postnatal period with two new products free of fennel. This includes our second breastfeeding tea as well as a special complementary food and children's tea, both developed to meet the needs of mothers and children who wish to completely avoid fennel.

New Fennel-Free Breastfeeding Tea: For a Worry-Free Breastfeeding Period

Our new fennel-free breastfeeding tea is designed for all women who wish to avoid fennel based on current study results. A study, conducted so far only on animals, suggests that high fennel intake could increase the risk of cancer.

Although there are currently no comparable studies on humans and fennel is considered safe in moderate amounts, the European Medicines Agency (EMA) has set guidelines for the maximum intake of estragole. Pregnant and breastfeeding women should not exceed a daily total of 0.05 mg of estragole. For children up to eleven years old, the recommended upper limit is 1.0 micrograms of estragole per kilogram of body weight, while children under four years should not consume estragole at all. Our new breastfeeding tea takes these recommendations into account and is completely free of fennel.



"SelberEsser" Tea: The Fennel-Free Companion for Complementary Food and Toddler Time

In addition to our new breastfeeding tea, we are excited to introduce our "SelberEsser" tea – a specially developed complementary food and children's tea that is also fennel-free. This tea combines valuable ingredients such as rose, calendula, lemon balm leaves, caraway, and other beneficial herbs to provide a tasty and digestible blend. The "SelberEsser" tea supports the transition to solid food and is tailored to the needs of toddlers.

Quality and Tradition: Organic Certified Teas from Germany

All our teas are organically certified and are made in Germany according to our recipes. The teas are based on decades of midwifery experience and are developed according to the proven recipe of one of our founders, who is a midwife. This unique expertise flows into each of our products, ensuring that we provide you with products of the highest quality and effectiveness



Our Commitment to Safety, Health, and Well-Being

At myEphelia, the safety and well-being of our customers come first. We strive to develop products that meet the latest scientific findings to meet and strengthen the needs of our customers. With our new fennel-free teas, we now offer even more choices to accommodate individual preferences and health concerns.



www.my-ephelia.de