

Direction for Taking Herbs

- Take one packet from each bundle (each bundle is ONE kind of herb- so you need a packet from EVERY bundle)
- Pour your packets into a mug or cup and add boiling water. Stir 3-4 minutes to fully dissolve. (add an ice cube or some cold water once dissolved if too hot.)
- Drink only HALF of the cup. The remainder is to be consumed later in the day (ie., half in the morning, half in the afternoon, OR half with breakfast, half with dinner if you want to take it with food).
- When you drink the second half of your herbal preparation, add hot water if you want to reheat it, please do not use the microwave

Helpful Hints:

- If you find the taste unpleasant, feel free to add honey.
- If you find the formula bitter tasting, brushing your teeth before drinking can be help.
- We would like to recycle the Ziploc bags your herbs come in. Please bring them in when you are through using them.