

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Flavor — Potent, full flavor that is sweet and slightly bitter with that unmistakable Ginseng bite



Considered to be a Yin tonic herb, especially nourishing to the lungs, skin and stomach. American Ginseng is a powerful adaptogenic herb. It thus provides energy, adaptability and heightened alertness. It is especially appreciated for its endurance increasing capacity.*

Dietary Supplement

Net Wt. 3 oz (85g)



American Ginseng

Ron Teeguarden's
Dragon Herbs®

Directions: Add the amount of botanicals per a recipe, as desired, or as directed by a health practitioner. The proper way of extracting botanicals depends on parts used. Flowers, fruits and leaves can usually be *steeped* or *decocted* (boiling over fire) while stems, barks and roots typically require *decocting*.

In a *Desktop Botanical Garden™ Glass Tea & Elixir Maker*, add 1 part botanical(s) and 5-8 parts water, steep or decoct for 5-20 minutes. You can boil water directly in the *Elixir Maker*. Repeat this process for 2nd or 3rd extraction until all active constituents have been extracted.

Supplement Facts

Serving Size: 1 g
Servings Per Container: 85

	Amt/Serv
Dried American Ginseng root	1 g †

† Daily value not established

Manufactured for:
Ron Teeguarden's
Dragon Herbs
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More *My Cup of Tee®* ideas and instructions on our website.

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