

*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.

Bamboo leaves contain lots of nutrients such as flavonoids and coumarin. Contains silica that helps build collagen and supports hair, nail and bone health. Supports healthy aging, normal blood cholesterol level, microcirculation and brain health to promote memory and improve sleep. It also nourishes the skin and has cooling qualities.*



Dietary Supplement

Net Wt. 0.32 oz (9 g)



Bamboo Leaves

Ron Teeguarden's
Dragon Herbs

Supplement Facts

Serving Size: 1 g

Servings Per Container: 9

Amt/Serv

Dried Bamboo leaves 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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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.