

My Cup of Tee®



Changbai Mountain
Schizandra

Net Wt. 5 oz (142 g)

Code 8001

Dietary Supplement

Changbai Mountain Schizandra Fruit

Dietary Supplement

Schizandra is known as the “quintessence of tonic herbs” because it nurtures all three Treasures (Jing, Qi and Shen) and all five Elements (Wood, Fire, Earth, Metal and Water). It is adaptogenic and helps support stress response, mental energy and beauty. It makes a fantastic tea with all five tastes (sweet, sour, salty, spicy and a touch of bitter). That’s how it got its name:

Wu Wei Zi, or “Five Flavor Fruit.”**

Flavor — Bright tart gives way to a fleeting berry sweetness, a flash of acrid, a bite of bitter, and a subtle salty finish

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: 142

	Amt/Serv
Organic Changbai Mountain Schizandra Fruit	1 g †

† Daily value not established

Manufactured in a facility that processes tree nuts and peanuts.

Manufactured for:
**Ron Teeguarden's
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*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.