

My Cup of Tee®



Chrysanthemum Flower

Net Wt. 1.8 oz (51 g)

Code 8003

Dietary Supplement

Chrysanthemum Flower

Chrysanthemum flowers have been used as an herbal tea since the dawn of civilization. It is delicious and has the effect of cooling down the body. So Chrysanthemum flower tea is often an herb of choice in the hot months of summer.*

Flavor — Warm, earthy bottom tone with bright highs akin to tarragon/sage.

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: 51

Amt/Serv	
Dried Chrysanthemum	1 g †
flower	

† Daily value not established

Manufactured for:
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Manufactured in a facility that processes tree nuts.

* 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.