

*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 — Pleasantly sweet with a bit of bite and cozy vegetal notes remindful of fresh spring greenery



Known as a “magical grass.” It has a wide range of health-promoting benefits. Considered to be invigorating but not a stimulant, calming, supportive of the body’s natural immune system and healthy aging, helps support a healthy respiratory system, and a digestive aid.*

Dietary Supplement

Net Wt. 2.2 oz (62 g)



Gynostemma



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: 62

	Amt/Serv
Organic Dried	1 g †
Gynostemma Leaves	

† Daily value not established

Manufactured for:

Ron Teegarden's

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More *My Cup of Tee®* ideas and instructions on our website.

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