

*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.



Hibiscus tea or roselle tea has been consumed as a soothing evening tea for centuries in Egypt and East Asia. Hibiscus is also known for its ability to cool the body.*

Flavor — Smoothly tart, lightly floral with a touch of gentle sweetness. Very pleasant hibiscus essence

Dietary Supplement

Net Wt. 1.4 oz (40 g)



Hibiscus (Roselle)

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: 40

	Amt/Serv
Dried Hibiscus (Roselle) flower	1 g †

† Daily value not established

Manufactured for:

Ron Teeguarden's

Dragon Herbs

P.O. Box 361459

Los Angeles, CA 90036

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

www.dragonherbs.com

(888) 55 - TONIC

(888) 558-6642



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