

*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.

Who can't resist the floral aroma of these buds? Jasmine flower is excellent in teas, sometimes combined with green tea, black tea or other floral ingredients. Jasmine tea has therapeutic benefits and promotes metabolic energy.*



Dietary Supplement

Net Wt. 0.8 oz (23 g)



Ron Teeguarden's
Dragon Herbs

Jasmine Flower

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: 23

Amt/Serv

Dried Jasmine flower 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.

www.dragonherbs.com

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