

*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 — Soil is baseline that give way to bright lavender highs



Lavender buds can amplify both sweet and savory flavors in dishes, and is sometimes paired with sheep's-milk and goat's-milk cheeses. Lavender flowers are occasionally blended with black, green, or herbal teas. Its health benefits include but not limited to relieving occasional stress, improve mood, and promote restful sleep. *

Dietary Supplement

Net Wt. 1.3 oz (37 g)



Lavender



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: 37

Amt/Serv

Dried Lavender

1 g †

† Daily value not established

Manufactured for:

Ron Teeguarden's

Dragon Herbs

P.O. Box 361459

Los Angeles, CA 90036

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www.dragonherbs.com

(888) 55 - TONIC

(888) 558-6642



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