

*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 and bland with mild bitter notes and a light body that hugs the tongue at the finish



emotions.*

Traditionally known as “the herb for forgetting care and sorrow,” Lily Flowers are commonly used to lift one’s Shen and calm the

Dietary Supplement

Net Wt. 0.7 oz (20 g)



Ron Teeguarden's
Dragon Herbs

Lily 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: 20

	Amt/Serv
Dried Lily 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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