

STAY FRESH RESEALABLE PACKAGE



LONGAN

A SUPERIOR BLOOD BUILDING TONIC



NET WT 6 oz
(170 g)

100%
Natural

Dietary Supplement

Also known as Long Yan, Long Yan Rou, Gui Yuan Rou or *Dimocarpus longan*

STAY FRESH RESEALABLE PACKAGE

LONGAN

A SUPERIOR BLOOD BUILDING TONIC



A Must For Women

A Plus For Men

Longan, translated literally as "Dragon Eye," is a fleshy fruit extremely popular in Asia as a snack and as an ingredient in tonic teas and formulations. It has a slightly chewy texture with a unique sweet smoky flavor.

- There is a saying in Chinese herbalism that "women are governed by blood." As a result, women generally benefit significantly from blood tonics. **Longan is a great blood tonic**, often combined with other blood tonics such as Dang Gui and Peony root to make blood-building teas and formulations.*
- It is a **great Qi tonic for building up your everyday energy**. Consumed regularly, Longan boosts temporary energy as well as long term vitality, yet it is not a stimulant like caffeine. It gives you energy while simultaneously relaxing you.*
- **Longan promotes tranquility**. Longan has been found to promote deep, refreshing sleep.*
- It can be used to **enhance memory and steady the nerves** by fortifying Blood and Qi.*
- Longan is a **famous beauty herb**. Longan adds luster and beauty to the skin.*
- Longan is traditionally used as a **heart tonic**.*

DIRECTIONS: Enjoy our Longan straight from the bag. Sprinkle them into your cereal, salads, grains, vegetables, yogurt, soups or into baked goods like cookies and muffins. You can also brew them alone or with other teas and herbs to make delicious hot and cold beverages. Our 1 oz. 15-g packets are perfect for lunch boxes and outings.

* 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.

Manufactured for:
Ron Teeguarden's Dragon Herbs, Los Angeles, CA 90036
(888) 55-TONIC (86642)
Our Longan's color will darken over time. This does not impact quality or taste. Manufactured in a facility that processes tree nuts and peanuts.

Country of Origin:
China

Free of chemical fertilizers, pesticides, fungicides and artificial colors.

Supplement Facts

Serving Size: 10 dried fruits (17 g)
Serving Per Container: 10

	Amount Per Serving	% Daily Value*
Calories	50	
Total Carb	13 g	5%
Total Sugars	13 g	↑
Protein	<1 g	
Vitamin C	5 mg	5%
Riboflavin	0.08 mg	5%
Iron	0.9 mg	5%
Longan (fruit) dried	17 g	↑

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

†Daily Value not established



Bloody Mary Herb Tea



Longan Fruit Tea



For recipe ideas and to learn more about Longan and other wonderful superfoods, scan the QR code to visit our website.



www.dragonherbs.com

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