

*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 — Ripe fruity sweetness that stretches along the taste buds and settles with a touch of earthy character



Excellent Lung tonic. It is also called “monk fruit” and has a delicious sweet flavor. The sweetness is due to a glucoside known as *mogroside*. May be added to any tea to add a wonderfully sweet, slightly fruity flavor.*

Dietary Supplement

Net Wt. 2.1 oz (60 g)



Luo Han Guo



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: 60

Amt/Serv	
Dried Luo Han Guo fruit	1 g †

† Daily value not established

Manufactured for:

Ron Teeguarden's

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

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V062521