

*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.



Mint is a calming and soothing herb that has been used for thousands of years to aid with upset stomach or indigestion. A cup of mint tea can give you relief!*

Flavor — Heavier body, full minty flavor; arc of flavor goes down then up

Dietary Supplement

Net Wt. 1.4 oz (40 g)



Mint

Ron Teeguarden's
Dragon Herbs

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: 40

Amt/Serv	
Dried Mint leaves	1 g †

† Daily value not established

Manufactured for:

Ron Teeguarden's

Dragon Herbs

P.O. Box 361459

Los Angeles, CA 90036

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

www.dragonherbs.com

(888) 55 - TONIC

(888) 558-6642



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