

*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 — The taste is sweet and mild reminiscent of butternut squash with a note of bitter at the end

Ophiopogon is primarily used to provide cooling Yin to the Heart, Lungs, and Stomach. Great for the skin. It promotes production of body fluids and is excellent for moistening any dryness in the body (dry cough due to dry air, occasional dry mouth and tongue, and dry bowels). Helps eliminate false heat from the body. It is a major Shen tonic that soothes occasional irritability. For centuries, Ophiopogon has been used by Taoist adepts in rejuvenation and longevity formulations.*



Dietary Supplement

Net Wt. 5.33 oz (151 g)



Ophiopogon Tuber



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: 151

	Amt/Serv
Dried Ophiopogon tuber	1 g †

† Daily value not established

Manufactured for:

Ron Teeguarden's

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