

*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.

Rose hips are the fruits and seeds of the rose plant. They are some of the most nutritionally packed fruits of any plant. The vitamins, minerals and organic compounds contained in rose hips are so essential for the body from all angles.*



Flavor — Rich flavor that peaks with a tart top note over subtle hints of rose, and a clean mild finish that lays comfortably across the tongue like a weighted blanket

Dietary Supplement

Net Wt. 2.7 oz (77 g)



Rose Hip



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: 77

Amt/Serv

Dried Rose hip 1 g †

† Daily value not established

Manufactured for:

Ron Teegarden's

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

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