

My Cup of Tee®



## Snow Chrysanthemum

Net Wt. 2 oz (57 g)

Code 8124

Dietary Supplement

## Snow Chrysanthemum

Snow Chrysanthemum grows in the remote Kulun mountain in Central Asia. Its flower buds are extremely beneficial for maintaining healthy blood pressure, blood sugar level, and blood lipid level. It is cleansing, cooling and protective. Ron Teeguarden uses it as part of his DBG elixir every day.\*

**Flavor** — Warm flavor bordering savory. Reminiscent of pickling spices (dill, fennel). Bright clarity at top of flavor profile.

**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 2<sup>nd</sup> or 3<sup>rd</sup> extraction until all active constituents have been extracted.

### Supplement Facts

Serving Size: 1 g

Servings Per Container: 57

|                                 | Amt/Serv |
|---------------------------------|----------|
| Dried Snow Chrysanthemum flower | 1 g †    |

† Daily value not established

Manufactured for:  
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Manufactured in a facility that processes tree nuts.

\*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.