

My Cup of Tee®



Wild Himalayan
Rhodiola

Net Wt. 3.5 oz (99 g)

Code 8122

Dietary Supplement

Wild Himalayan Rhodiola

Himalayan Rhodiola, from above the snowline of Bhutan and Tibet, is one of the most precious tonic herbs in the world. It cannot be cultivated, and is only collected from the wild, so it is only available in very limited quantities. Use a tiny amount in your DBG daily for enhanced oxygenation and adaptability.*

Flavor — Bright floral top notes with heavier sweet and lightly bitter undertones and a dry finish.

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: 99

	Amt/Serv
Dried Wild Himalayan Rhodiola	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.