

*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 — Rich full bodied dark tea with robust earthy flavor and mellow woody note

Pu Erh tea comes from Yun Nan Province. The tea leaves are dried, steamed and pressed into various shapes. Then they are stored to go through a natural gentle aging process that is called post fermentation. Pu Erh facilitates digestion and is used to help with regular body fat metabolism. It is considered in Asia to be very beneficial to the cardiovascular system. *



Dietary Supplement Net Wt. 3.2 oz (90 g) 20 Cakes



Pu Erh Tea Cakes



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 cake (≈4.5 g)

Servings Per Container: 20

Amt/Serv	
Pu Erh Tea	1 cake (≈4.5 g) †

† Daily value not established

Manufactured for:

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