



ORGANIC Essiac Tea

Synergistic blend
of 8 herbs

Herbal
Supplement

CAFFEINE-FREE



NET WT 4 OZ (113 G)

Supplement Facts

Serving Size 4 Tablespoons Prepared Tea (2 fl oz)
Servings Per Container 72 (For Maintenance Use);
48 (For Aggressive Use)

	Maintenance Use Amount Per Serving	Aggressive Use Amount Per Serving
Essiac Proprietary Organic Herbal Complex (organic blessed thistle (<i>Cnicus benedictus</i>) (upper stems, leaves, tops), organic burdock (<i>Achillea millefolium</i>) (root), organic sheep sorrel (<i>Rumex acetosella</i>) (whole plant), organic red clover (<i>Trifolium pratense</i>) (stem and leaves), organic slippery elm (<i>Ulmus rubra muhl</i>) (inner bark), organic watercress (<i>Nasturtium officinale</i>) (whole plant), organic kelp (<i>Macrophylum nodosum</i>) (whole plant), organic rhubarb (<i>Rheum palmatum</i>) (root))	1.56 g*	2.33 g*

*Daily Value not established.

DISTRIBUTED BY SWANSON HEALTH PRODUCTS
FARBO, ND 58104 USA

CERTIFIED ORGANIC BY OAL,
SAN DIEGO, CA 92122



ESSIAC PROPRIETARY EIGHT HERB FORMULA IS USED
UNDER LICENSE FROM HERBAL BALANCE FOR LIFE, INC.

WARNING: FOR ADULTS ONLY. DO NOT TAKE THIS
PRODUCT IF YOU ARE PREGNANT OR NURSING
OR IF YOU HAVE OR DEVELOP DIARRHEA,
ABDOMINAL PAIN, OR INTESTINAL
OBSTRUCTION. CONSULT YOUR HEALTHCARE
PROVIDER BEFORE USE IF YOU ARE TAKING
ANY PRESCRIPTION MEDICATIONS OR IF YOU
HAVE A MEDICAL CONDITION, ESPECIALLY
ULCERS OR KIDNEY STONES. KEEP OUT OF
REACH OF CHILDREN.

swanson.com
or call 1-800-437-4148

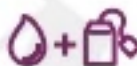
Essiac Tea

Essiac is a proprietary combination of herbs developed in the
1920s based on native Ojibwe traditions. Our Essiac Tea is an
herbal infusion featuring the 4 original herbs, plus 4
additional synergistic herbs to support wellbeing.

PREPARATION



Boil 4½ cups (36 fl oz)
of water in a stainless steel,
glass, or enamel pot.
Do not use aluminum.



Add one packet (1 ounce)
of Essiac Tea to boiling
water and simmer for
approximately 10 minutes,
stirring occasionally.



Remove from heat and allow
to sit in the pot for 12 hours.
Then stir and pour into a
1-quart glass container.



Store in refrigerator for no longer
than 3 weeks. Shake container
prior to serving.

SUGGESTED USE

As a dietary supplement, drink 4 tablespoons (2 fl oz)
of prepared tea 2 times per day on an empty stomach.
For aggressive use, drink 6 tablespoons (3 fl oz)
3 times per day on an empty stomach. Do not exceed
18 tablespoons (9 fl oz) per day.



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