

## **INSTRUCTIONS FOR YOUR CHINESE HERBAL FORMULA**

***PLEASE NOTE (before you prepare your herbal formula) each elasticized bundle contains multiple packets of the same herb so you will need a packet from every bundle.***

**IMPORTANT: Do not take an entire bundle of herbs at one time.**

1. Take **one** package from each bundle and empty each into one large cup or mug (not plastic).
2. Pour boiled water over the powder, stir and wait at least 5 minutes for the granules to activate
3. Preferably, your formula should be taken **30 minutes** before or after meals. However, it can be taken with food if you needed.
4. You may drink ½ of the formula in the morning and the other ½ in the afternoon/evening. However, (rather than missing a day), you may take one days formula all at once.
5. The remainder can be stored on the counter or in the fridge if you prefer it cold.
6. You should not drink coffee or black tea **30 minutes before or after** taking your formula.

### ***Helpful Hints***

- You can use any amount of hot water to dilute or concentrate your formula.
- You can use mint tea instead of plain hot water and you can also add honey if you find the taste unpalatable.
- You can drink your formula as slowly or as quick as you like or sip it throughout the day in a travel mug.
- Your formula may be chased with juice or water.
- We encourage you to bring back your empty zip-lock bags and elastic bands to be re-used for your next formula.
- **Do not** re-heat your formula in the microwave.

*\* Any unopened herbs returned within 30 days of Purchase will be credited to your account with a 15% re-stocking fee.*