To prepare as a tea: Pour 1 cup boiling water over 1/2 to 1 teaspoonful of herbs, preferably in a glass, earthenware, or porcelain container. Cover the container and allow to steep 5-30 minutes, depending on strength desired. Strain and add honey to suit taste.

Caution: Not to be used during pregnancy or by persons taking blood thinning agents. Avoid prolonged exposure to sun. We recommend that you consult with a qualified healthcare practitioner before using herbal products, especially if you are nursing or taking any medications.