

**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 while nursing, or by persons with hyperthyroidism. Not recommended for long term use. This product naturally contains iodine, and is harvested from the sea. It may cause a serious reaction in persons with allergies to fish and/or shellfish. We recommend that you consult with a qualified healthcare practitioner before using herbal products, especially if you are taking any medications.

**May contain:** Traces of fish and/or shellfish.