

**To prepare as a tea:** Pour 1 cup boiling water over 1/4 to 1/2 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. Add honey to suit taste.

**Caution:** Not to be used during pregnancy. We recommend that you consult with a qualified healthcare practitioner before using herbal products, especially if you are nursing or taking any medications.