



Instructions for Taking Herbal Formula

General Notes

1. Do not share your herbal supplements with anyone. They are specifically prescribed not only for your condition, but also for your individual constitution. Although, you may have similar symptoms as someone else, the herbs may not be suitable for that individual. Sharing herbs may cause untoward side effects.

2. Take herbs with warm water only. Using juice or teas may alter the absorption and effect of the supplement.

3. Please take herbal supplements at the same time, only as directed, either twice or three times daily, as prescribed.

4. Keep herbs out of the reach of children

5. If you have not taken the herbs for a significant period (weeks to months), please do not resume without discussion with your physician

6. Some herbs may not be suitable during pregnancy. Please discontinue herbs and call your physician immediately if you become pregnant while taking the herbs.

Taking Pills/Capsules

Generally, you may take pills/capsules either with meals or on an empty stomach. Absorption is better on an empty stomach when taken one or two hours before or after a meal.

Taking Powders/Teas

Please use the plastic measuring scoop provided to measure the correct amount of herbs by gently shaking the scoop from side to side to make sure it is a flat scoop and not a heaping scoop.

Place the herbal powder into a cup (Please do not use metal cups). Add a small amount (1/4 to 1/3 cup) hot or warm water and mix with a teaspoon. (Please do not use plastic measuring scoop to stir mixture). Loosen all lumps and stir well, then add a small amount of cold water to make the temperature suitable for drinking.

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