



NourishingLife

HEALTH CENTER

Granule Information

STORAGE:

Store your granules in a cool dry place.

DOSAGE:

Unless otherwise specified by your practitioner, the standard adult dose is:
1 rounded teaspoon (4 grams) 2X per day

HOW TO TAKE:

Granules can be mixed with:

- warm or cool liquid such as water or juice
- applesauce, yogurt or other soft food
- take 30 minutes away from food

INGREDIENTS:

Refer to your formula page for your custom mix of granulated herbs.

BOTTLE SIZE:

One full bottle of granules contains 100g and will last approximately 2 weeks at the standard adult dose.

REFILL ORDERS: For local pick up refill, place order 2 days in advance. For shipping refill, place order 1 week in advance to allow for ship time.

Nourishing Life Health Center
2821 Route 209 Kingston, NY 12401
info@noulifehealth.com
845-687-6211