



Herbal Tea Instructions: Cold Infusions

Use 4 oz of herbs to 8 cups of water

Let soak overnight in cold water.

Bring to a boil with the lid on, then turn off immediately

Let cool then store in the fridge for up to 10 days.

Drink 1 cup / 2x / day unless instructed otherwise by your practitioner.

REFILLS/REORDERING: Please allow us 1-2 days to refill your order. Thank you.

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