

Heart Health Herbal Capsules



Ingredients:

- 4 parts hawthorn berry powder
- 2 parts turmeric root powder
- 2 parts alfalfa leaf - powdered
- 1 part cayenne powder

Instructions:

To powder alfalfa leaves, place in a coffee grinder set aside for the use of herbs. Pulse until the leaves are powdered. I also shake it through strainer to remove the larger particles. Stir together all the powders.

Use the instructions from your capsule machine for filling the capsules or follow my picture tutorial at this link. <http://www.anniesplacetolearn.com/capsules-and-pills.html>

To Use:

For a daily heart healthy tonic take two capsules with each meal for a total of 6 capsules a day.