



- 3 parts Uva Ursi
- 3 parts Marshmallow Root
- 2 parts Gravel Root
- 2 parts Skullcap
- 2 parts Juniper berry
- 1 part Oregon Grape
- 1 part Valerian

Purchase herbs as a powder or grind to a powder. Stir well and fill capsules. Optionally blend herbs together and use as a loose leaf tea.

General guideline for dosage:

Take 3 capsules with meals for a total of 9 a day. This will differ from person to person so if you feel you need more take more, if you feel you need less, take less.