## Annie's Place



## Ingredients:

- 3 parts nettles
- 2 parts catnip
- 1 1/2 part milk thistle seed
- 1 part yellow dock
- 1 part Oregon grape root
- 1 part dandelion root
- 1/2 part ginger

Use this formula anytime you need to cleanse, build, or support the liver so it can effectively remove toxins, hormones, and heavy metals from the body.