



**Ingredients:**

- 3 parts Red Raspberry leaf
- 2 parts Nettle
- 1 part Blessed Thistle
- 1 part Dandelion leaf
- 1 part Fennel

These herbs can be blended together and made into a tea, tincture or powdered for capsules.

Typical Dosage: 2 capsules, 1 cup of tea or 2 dropperfuls of tincture with each meal.