



## Ingredients:

### Equal Parts

- Horsetail
- Nettle (or alfalfa)
- Red clover
- Sage (don't use if pregnant or nursing)
- Rosehips
- Cayenne

This blend can be made into capsules (which I recommend due to the cayenne), tincture, or tea. Basic dosage would be 2 capsules, 2 dropperfuls or 2 cups of tea, twice a day.