



## Ilex Viro Protect

BREW

### MICROBE MANAGEMENT

### INGREDIENTS

Ilex pubescentis root, Belamcanda chinensis rhizome, Cinnamomum cassia twig, Echinacea purpurea root, Forsythia suspensa fruit, Isatis tinctoria root, Achillea millefolium aerial parts in flower, Bupleurum flacatum root, Lingusticum wallichii rhizome, Lonicera japonica flower, Zingiber officinale

### BREWING INSTRUCTIONS:

Place entire contents of the bag into a stainless steel pot with 9 cups of water. Soak for 30 minutes. Cover and bring to a boil, then reduce heat to simmer for 90 minutes. Strain and store in the refrigerator.

### STANDARD ADULT DOSE:

**1 cup / 2-3x / day**

Net Wt. 105g  
Lot #