



## Skullcap Clear Fire

BREW

OPTIMAL VITALITY

### INGREDIENTS

Scutellaria baicalensis root, Capsella bursa-pastoralis aerial parts in flower, Salvia miltiorrhiza root, Sophora flavescens root, Curcuma phaeocaulis rhizome, Lingusticum wallichii rhizome, Polygonum cuspidatum root, Anemarrhena asphodeloides rhizome, Glycyrrhiza uralensis root, Houttuynia cordata aerial parts, 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. 102g  
Lot #