



## Alisma Kidney Cleanse

BREW

DETOX SUPPORT

### INGREDIENTS

Alisma orientale rhizome, Cinnamomum cassia twig, Equisetum hyemale aerial parts, Lycopodium clavatum aerial parts, Phellodendron amurense bark, Plantago asiatica seed, Polyporus umbellatus fruiting body, Zea mays stigma, Lysimachia christinae aerial parts, Poria cocos fruiting body, Usnea spp. lichen, Uva ursi leaf

### 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. 99g  
Lot #