



## Houttuynia Myco Shield

BREW

### MICROBE MANAGEMENT

### INGREDIENTS

Houttuynia cordata aerial parts, Olea europaea leaf, Scutellaria baicalensis root, Gymnostemma pentaphyllum rhizome and/or aerial parts, Phellodendron amurense bark, Bidens bipinatta aerial parts, Cinnamomum cassia twig, Ganoderma lingzhi fruiting body, Trischosanthes kirilowii root, Trischosanthes kirilowiii fruit, 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 #