



## Marshmallow GI Repair

BREW

OPTIMAL VITALITY

### INGREDIENTS

Althaea officinale root, Glycyrrhiza uralensis root, Symphytum officinale root, Aloe vera leaf, Areca catechu seed, Aucklanida lappa root, Olea europaea leaf, Coptis chinensis root, Berberis aquifolium root

### 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 #