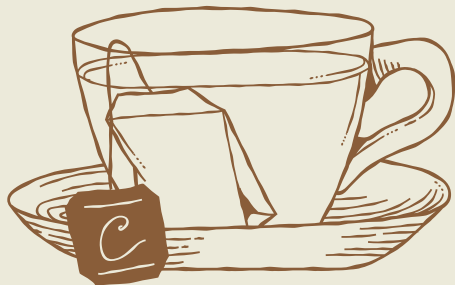




# Balance Flo Tea



## Ingredients

- 1 Part Lady's Mantle
- 1 Part Shephard's Purse
- 1 Part Yarrow
- 1/2 part Chickweed
- 1/2 part Nettle

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## Directions

1. Combine ingredients in a large bowl.
  2. 2 Tbsp. in 8oz steeped in boiling water for 10-15 min  
3x/day or as needed
  3. Can steep longer to receive the benefits of the iron.
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