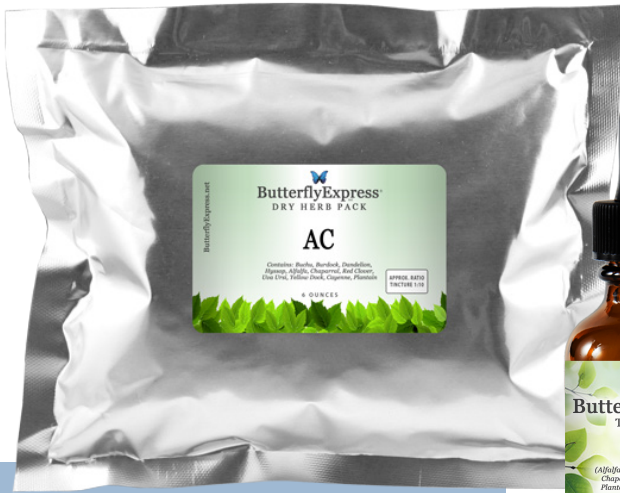


QUICK REFERENCE SHEET

AC (Formerly Acne)

Alfalfa, Buchu, Burdock, Cayenne, Chaparral, Dandelion,
Hyssop, Plantain, Red Clover, Uva Ursi, Yellow Dock



1.25 Buchu
0.75 Burdock
0.75 Dandelion
0.75 Hyssop
0.50 Alfalfa
0.50 Chaparral
0.50 Red Clover
0.50 Uva Ursi
0.25 Yellow Dock
0.125 Cayenne
0.125 Plantain

Total Herbs 6.0 oz
Tincture Ratio - 1:10

Acne is a complicated problem and can be very discouraging. Skin problems almost always have their roots in trouble with the eliminative organs. Because the colon and/or kidneys are not working properly, the skin is being used to eliminate toxic build-up from the body. Clearing acne requires much more than just applying something topically to the skin. Issues with the colon, the liver, the kidneys, and the diet must be dealt with before the skin can clear. Developing the habit of drinking sufficient water is also a must.

This formula contains herbs that cleanse the liver, kidneys, and blood. A good diet is absolutely essential.