

QUICK REFERENCE SHEET

IB

(Formerly Immune Builder)

Dong Quai, Echinacea, Elecampane, Garlic, Marshmallow,
Mullein Flower, Mullein Leaf, Rehmannia, Thyme



1.00 Echinacea
1.00 Marshmallow
0.75 Elecampane
0.50 Dong Quai
0.50 Garlic
0.50 Mullein
0.50 Rehmannia
0.50 Thyme

Total Herbs 5.25 oz
Glycerin Ratio - 1:12

This formula is usually made as a glycerite because the quantities taken are quite large. Building the immune system can be a slow process. IB should be taken, faithfully, in the summer and fall to have time for improvement before the coming winter cold and flu season hits. Dosage depends on age: Infants 1/4 teaspoon, older children 1/2 teaspoon, and adults 1/2 to 1 teaspoon twice daily. For faster results, take as much as possible, right up to the point of creating diarrhea.