

QUICK REFERENCE SHEET

IBL

(Formerly Iron/Blood)

Alfalfa, Comfrey Root, Marshmallow, Periwinkle,
Raspberry Leaf, Nettle, Yellow Dock



0.50 Alfalfa
0.50 Comfrey Root
0.50 Marshmallow
0.50 Periwinkle
0.50 Raspberry Leaf
0.50 Nettle
0.50 Yellow Dock

Total Herbs 3.5 oz
Tincture Ratio - 1:10
Glycerin Ratio - 1:12

This formula improves the oxygen-carrying capacity of the blood, which is the medical definition of anemia. Wheatgrass juice, fresh fruits and vegetables (for their enzymes), vitamin C, and folic acid should also be taken. These herbs can all be harvested in the inter-mountain area and fresh is always best, of course. Dosage is 10 - 30 drops daily.

*This formula contains Yellow Dock. Yellow Dock is an amazing liver-cleansing herb, but it is very strong. Dr. John Christopher loved this herb, but he was dealing with much less prescription medications stored in the liver than we are with most people today. Supporting the kidneys with KB or KT will help the body cope with any possible detox. Since the body typically detoxes by attaching poisons to inert minerals to pass them through the kidneys, taking extra amounts of KNA or MIN is recommended.