QUICK REFERENCE SHEET

MH

(Formerly Men's Health)

Cayenne, Ginseng Root, Goldenseal Root, Hawthorn Berries, Juniper Berries, Marshmallow

0.75 Marshmallow
0.50 Ginseng Root
0.50 Juniper Berries
0.25 Goldenseal Root
0.125 Cayenne
0.125 Hawthorn Berry

Total Herbs 2.25 oz
Tincture Ratio - 1:6

MH promotes prostate, kidney, and bladder health as well as providing minerals needed to handle daily stress. MH should be used with LeBalance and LeEndoRelief essential oil blends. It is often helpful to supplement zinc. Cayenne is high in zinc, but there is not enough of it in this recipe to provide sufficient zinc if a deficiency exists.

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