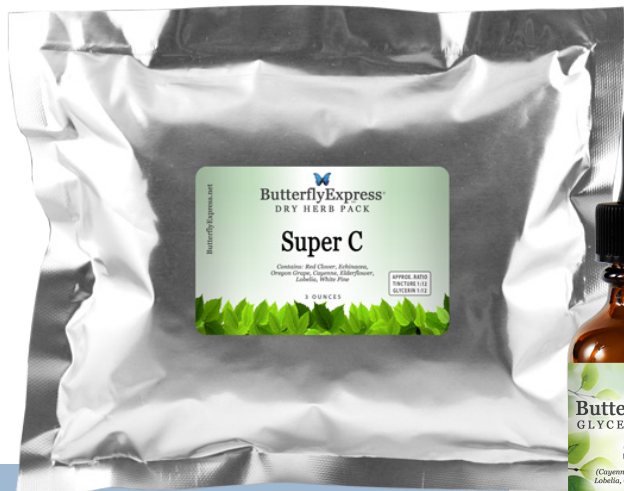


QUICK REFERENCE SHEET

Super C

(Formerly Super Cold and Lymph)

Cayenne, Echinacea, Elderflower, Lobelia, Oregon Grape,
Red Clover, White Pine



1.00 Red Clover
0.50 Echinacea
0.50 Oregon Grape
0.25 Cayenne
0.25 Elderflower
0.25 Lobelia
0.25 White Pine

Total Herbs 3.0 oz
Tincture Ratio - 1:12
Glycerin Ratio - 1:12

This formula is usually done as a glycerite and is very effective as a first response when you feel a cold coming on. I especially like this one for children. Super C also has some excellent lymph-draining properties. The Red Clover and Elderflower make this formula excellent for controlling fever.