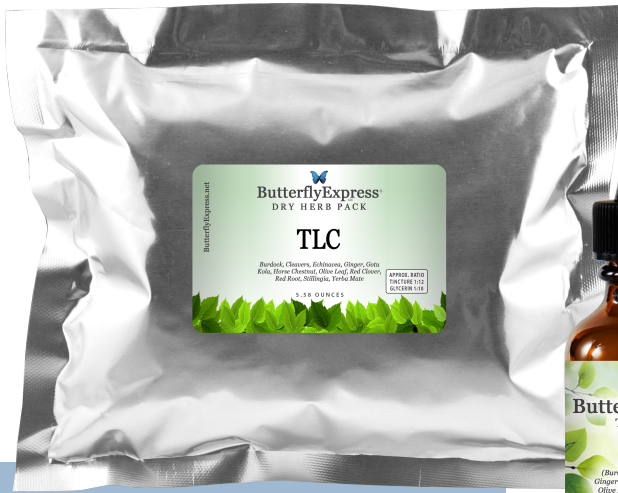


QUICK REFERENCE SHEET

TLC

(Total Lymph Care)

Burdock, Cleavers, Echinacea Angustifolia, Echinacea, Ginger, Gotu Kola, Horse Chestnut, Olive Leaf, Red Clover, Red Root, Stillingia, Yerba Mate



0.35 Burdock
0.325 Cleavers
0.110 Echinacea angustifolia
0.110 Echinacea purpurea
0.220 Ginger
0.60 Gotu Kola
0.85 Horse Chestnut
0.325 Olive Leaf
0.1 Red Clover
0.1 Red Root
0.35 Stillingia
0.35 Yerba Mate

Total Herbs 5.59 oz
Tincture Ratio - 1:10
Glycerin Ratio - 1:12

TLC was formulated to support and cleanse the lymphatic system. The lymphatic system is a series of vessels and nodes that collect and filter excess tissue fluid before returning it to the venous circulation.

Symptoms of a congested lymphatic system can include stiffness, soreness, a feeling of heaviness, and swelling in arms, ankles, and legs. It can cause brain fog, allergies, skin conditions, bloating, digestive upsets, headaches, and other nasty symptoms. TLC is a blood cleaner and supports improved blood flow to the whole body. The Horse Chestnut in this blend is specific for increasing blood flow to the legs.

All the herbs in this blend are excellent anti-inflammatory herbs and improve venous insufficiency. This blend helps support the body's natural lymph cleansing process and has antioxidant properties to prevent or reduce damage caused by oxidation.

TLC will stimulate the immune system and can be used to help prevent illness or be helpful when recovering from illness. This blend will help reduce edema and aid the kidneys to filter blood properly. This is an excellent formula to add to any cleanse program. Use with CD, KB, LC, and RC for a wonderful whole-body cleanse.