Heart Health Blend



FORMULA

4 parts hawthorn berry powder
2 parts turmeric root powder
2 parts alfalfa leaf or nettles
1 part cayenne powder
1 part garlic powder

Mix the herbs together and make into capsules or a tincture.

DOSAGE

Regular dosage is two capsules or two droppers with each meal for a total of six capsules a day. These are all building "food" herbs, so it can be taken every day as a supplement.

