Herbal Iron



BLEND 1

Equal parts of the following herbs:

Raspberry leaf
Nettle
Dandelion leaf
Alfalfa
Yellow dock root

This blend can be made into a tea (sip on a quart each day), extract or capsules.

BLEND 2

This tea is to give the body a good iron boost throughout the day.

2 ½ cups nettle
1 cup rose hips
1 cup dandelion leaf
1 cup fennel
8 cups hot water

Place all the herbs in a glass jar and cover with hot water. Cover and let sit overnight. Strain out herbs and sip throughout the day. You could also make a tincture out of this blend.

