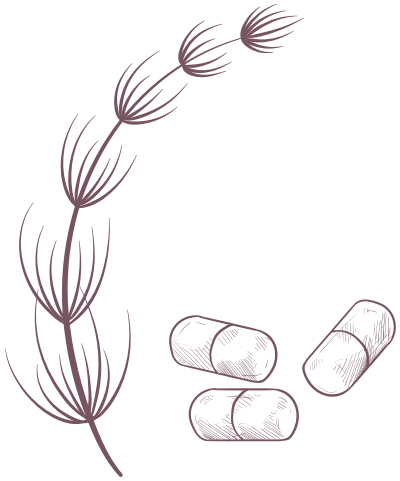
Osteo Blend

The purpose is to build and strengthen bone, teeth, joints and tissue. In addition to this formula she also applies comfrey salve as a body lotion every evening.

HERBS

1 part horsetail
1 part red clover
1 part cayenne
1 part nettle leaf
1 part sage
1 part rosehips



DIRECTIONS

This blend can be made into capsules (which I recommend due to the cayenne), extract, or tea. Basic dosage would be 2 capsules, 2 dropperfuls or 2 cups of tea, twice a day.

