Liver Cleanse & Support Blend

Use this formula anytime you need to cleanse, build, or support the liver so it can effectively remove toxins, hormones, and heavy metals from the body.

INGREDIENTS



- *3 parts nettle leaves*
- *2 parts catnip*
- *1 ½ part milk thistle seed*
- *1 part yellow dock root*
- *1 part Oregon grape root*
- *1 part dandelion root*
- *½ part ginger root*

INSTRUCTIONS

This formula can be made into a tincture, capsules, or tea. Typical dosage is 2 droppers for tincture, 2 capsules or 3 cups of tea, 3 times a day.



NOTE

Purchase: Dr. Christopher's Liver & Gallbladder Formula