

Everything
Herbal

by Cheryl Jabz

Mineral Rich Leg Calming Tea

*Gentle mineral-rich herbal
support for restful evenings.*



INGREDIENTS:

- 1 tsp oatstraw
- 1 tsp nettle leaf
- ½ tsp red raspberry leaf
- 1 tsp lemon balm



INSTRUCTIONS:

Steep 15–20 minutes
for a nourishing infusion.



BENEFITS:

These herbs are traditionally
used to provide minerals
that support:

- Muscle relaxation
-
- Nervous system calm
-
- Evening tension relief

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