



Everything Herbal

by Cheryl Jabz

BERBERINE Herbal Tea

Best for:
digestion & blood
sugar support

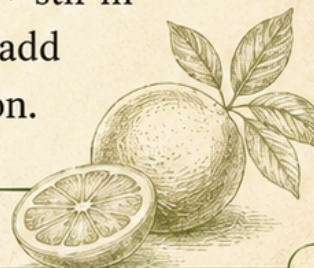


INGREDIENTS:

- 1 cup hot water
- 1/4–1/2 tsp berberine
- 1/2 tsp fresh ginger
- 1 tsp honey
- Lemon (optional)

INSTRUCTIONS:

Steep ginger → stir in
berberine → add
honey & lemon.



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