



Magnesium Herbal Sleep Tea

A soothing herbal tea blend for restful evenings



INGREDIENTS:

- 1 tsp oatstraw & 1 tsp nettle leaf
- 1 tsp chamomile & small slice fresh ginger



INSTRUCTIONS:

- Steep 15 minutes.
- This tea is rich in minerals that may support muscle relaxation.



SCAN ME



Download This Page

www.EverythingHerbalbyCherylJabz.com



Print • Save • Share