**MEDI HERB TONIC RECIPES**

Virus Tonic (compliments of Sharon Dittmer DC in San Rafael)

80 ml St John’s Wort High Grade 1:2

60 ml Echinacea Premium 1:2

60 ml Licorice High Grade

All of the above will fit into a 200 ml liter bottle available at our local office. Of this combination, suggested use is 5ml (1 teaspoon) 3 times per day