



CHUNG INSTITUTE
OF INTEGRATIVE MEDICINE

Tibetan Tea

This herbal tea is used to treat allergies and detoxify the body. Please follow the directions closely.

Directions:

Put one bag of tea into a cup and add 6-8 ounces of hot water. Stir the tea and let it cool before drinking. Sip tea throughout the day, stir before each sip. Finish all of the tea including all granules which may settle to the bottom of the cup. Repeat daily for two days for a total of three cups of tea.