

TINCTURES

25 lbs - 50 lbs 2/3 dropperful
50 lbs - 75 lbs 1 dropperful
75 lbs - 150 lbs 2 dropperfuls
150 lbs - 210 lbs 3 dropperfuls

TAKE 3 TIMES A DAY

May be added to a little juice or water.

Does not need to be refrigerated, but should be stored in a cool, dark place out of direct light.



OILS

Take two dropperfulls 3 times daily.
May be added to a little juice or water.

Does not need to be refrigerated, but should be stored in a cool, dark place out of direct light.

TONICS

Shake well. Drink one (1) oz. shot twice daily on an empty stomach

KEEP REFRIGERATED AFTER OPENING.



POWDERS

Take 100 mg (1/2 of teaspoon) of herbal powder in your (8) oz glass of fresh squeezed juice or water twice daily.

KEEP REFRIGERATED AFTER OPENING.



EYE OF LOTUS
THE DOORWAY TO ETERNITY

INSTRUCTION CARD

ALL HERBS ARE ORGANIC ALKALINE BOTANICALS AND ARE NATURALLY WILDCRAFTED FROM THE LAND OF THEIR ORIGIN.

www.YahkiAwakened.com

TOOTH POWDER

Use desired amount of powder on toothbrush. Brush teeth and gums thoroughly for at least 2 minutes. Rinse and gargle. Repeat twice daily.

3BITTERS/IV ELEMENTS

SOAK TEA FOR 6-12 HOURS BEFORE USE!

The 3 Bitters should be taken once daily. They can be taken in the morning or evening. For a (4) oz serving, add (8) oz of spring or distilled water in a glass, clay or copper pot with 1/4 cup of loose herbs and boil on high for 5 minutes. Simmer on low for 25 minutes, strain and let cool.

Teas can be used up to (3) times if stored properly. Put strained herbs in an air tight container and store in the refrigerator. Give the herbs back to the earth after the 3rd use. Do not add any sweeteners. You can take the teas with fresh lemons and limes.

TEAS

Add (1) oz of loose tea to (16) oz of spring water. Let herbs soak in water for 30 minutes before turning on the stove. Boil the preparation for 2 minutes, then simmer on the lowest setting for 25 minutes. Strain the preparation and allow to cool. This herbal tea can be used once daily until gone. Keep used herbs refrigerated in a glass jar. Herbs can be used up to (3) times and should be disposed of after (3) uses back into the earth. For more potency, use less water. Loose teas should be refrigerated after opening for longest freshness and potency.

For all products, Keep out of reach of children. Consult a physician if pregnant or nursing. Store tightly closed as per instructions on the original labels. Do not take if allergic to any ingredients in the products.

CAPSULES

Take 3 capsules twice daily morning and evening.

Does not need to be refrigerated, but should be stored in a cool, dark location (out of direct light).

CAPSULE-LESS POWDERS

Take 1000mg (1/2 teaspoon) of herbal powder in your 8 oz glass of fresh squeezed juice or water 3 times a day.

SHOULD BE REFRIGERATED AFTER OPENING FOR LONGEST FRESHNESS AND POTENCY.



EYE OF LOTUS
THE DOORWAY TO ETERNITY

INSTRUCTION CARD

HERBAL FACEWASH

Apply small amount into palm of hand, massage on to face and rinse off. Use daily.

VITAWOMB CAPSULES

Take two capsules daily.

Does not need to be refrigerated, but should be stored in a cool, dark place out of direct light.

VAGINAL DOUCHE

Add 2 Heaping Tea spoons of herbal mixture per 1½ to 2 cups of distilled water. Add extra water for more dilution if tea is too strong. Let the tea cool to room or skin temperature before pouring the mixture into your douche bag enema. Use as needed.

KEEP REFRIGERATED AFTER OPENING.

PRENATAL VITAMINS

Take 2 capsules with fresh juice once daily.

Does not need to be refrigerated, but should be stored in a cool, dark place out of direct light.

HERBAL SHAMPOO

Apply an even amount in palm of hand and gently lather into scalp. Rinse and follow up with conditioner.

HERBAL LEAVE-IN CONDITIONER

Apply an even amount in palm of hand and gently lather into your scalp. Leave in and style to your liking.

FERTILITY BOOSTER

PLEASE SOAK TEA FOR 6-12 HOURS BEFORE USE!

Teas are taken twice daily. To make an 8 oz serving put 16oz of spring or distilled water in a glass, clay, or copper pot. Add ¼ cup of tea and boil on high for 5 minutes. Simmer on low for 25 minutes strain and let cool.

DO NOT ADD ANY SWEETNERS. You can take the teas with fresh lemons and limes. Teas can be used up to 3 times if stored properly. Put strained herbs in an airtight container and store in the refrigerator. Give the herbs back to the earth after the 3rd use.

VAGINAL STEAM

PREPARING THE HERBS

Add 32oz of distilled water into a burner or pot. Turn heat on low, add a half package of herbs and steep for 10-15mins. Turn heat off and cover the pot to lock in the steam.

USING THE STEAM

Add the steamed herbs to a sterilized pot or bowl of choice. Sit on the steam covering yourself with a blanket for 20-30 minutes. Steams are recommended for use once monthly. Be sure to give herbs back to the earth when you have completed your session.

For all products, Keep out of reach of children. Consult a physician if pregnant or nursing.
Store tightly closed as per instructions on the original labels. Do not take if allergic to any ingredients in the products.