



How to Prepare Dr. Miller's Detox Tea

DIRECTIONS: 2 tea bags = 1 gallon of prepared tea. To make 1 gallon of prepared tea: Bring a quart of water to a full rolling boil then turn off heat. Place two tea bags in the hot water; cover and steep for 4-8 hours (or overnight) to bring the herbs to full potency. Then pour the contents (including the tea bags) into a gallon pitcher and fill with water. And it's ready to drink and/or refrigerate. Do not microwave the water or tea bags; doing so will destroy the herb's beneficial properties.

RECOMMENDED USAGE: To experience the health benefits, drink 4-8 ounces of the prepared tea two or three times a day. Dr. Miller's Detox Tea tastes great hot, warm, or when iced. In addition, it can be mixed with sweeteners, lemon, other natural flavoring, another tea, juice, or beverage of your choice.

WARNING: This product contains cathartic herbs. Pregnant or nursing women, young children, the elderly, and individuals with any illness or health condition should consult their healthcare provider before using this or any herbal supplement.

You too can look and feel your best! Get started today! Order Dr. Miller's Detox Tea today from www.LurraLife.com.