



How to Prepare Dr. Miller's Detox Tea™

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



RECOMMENDED USE: To experience the health benefits, drink 4-8 ounces of the prepared tea 2 or 3 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.

CAUTION: This product contains cathartic herbs. Always consult your healthcare practitioner before using this or any herbal supplement if you are pregnant or nursing, under age 18, elderly, or have any illness or health condition.

You too can look, feel, and perform your best!

Get started today! Order Dr. Miller's Detox Tea™ today from www.lurrallife.com.