

NHP 11 F & H WARMER



The ingredients are known to build the energy to the extremities and to help with frequent urination problems. Excellent for those who have cold hands and feet. (80 capsules)

Ingredients:

Semen ricini (Castor bean)	Seeds
Radix glycyrrhizae (Licorice)	Root
Herb cistanches (Broomplant)	Stem
Semen cussutae (Dodder)	Seeds
Poria cocos (Tuckahoe)	Root

Can be combined with:	3, 4, 5, 21, 25, 26, 27, 28, 29 and 30. Select one only to combine for effective use.
Recommended Use:	Take 2 to 4 capsules per day
Meridians:	Bladder, kidney
