

## NHP 20 GENTIAN EXTRA



**Gentian**

The ingredients are known to help maintain normal sugar levels. Excellent for those who enjoy sweet stuff. (80 capsules)

### Ingredients:

Gentian (Gentian)	Whole plant
Coix lachryma semen (Job's tears)	Seed
Chinese yam (Dioscorea)	Root
Licorice (Glycyrrhizae)	Root
Arrow roots (Maranta arundunacea)	Root
Stinging nettle (Urtica dioica)	Root, stems

Can be combined with:	5, 6 (take at separate times of the day: 1 in AM and 1 in PM) 9, 25, 26, 27, 28, 29 and 30. Select one only to combine for effective use.
Recommended Use:	Take 1 capsule after each meal (3 capsules daily) with lukewarm water.
Meridians:	Liver, spleen, stomach

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