

## 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

# 菟絲子

Semen Cussutae



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

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