

DR. CHRISTOPHER'S
Herbal Legacy Newsletter

Spring Energy

The following is a recipe for an herbal formula to increase energy and mental function.



Equal parts of each in powdered form:

Siberian Ginseng also called Eleuthero

Gotu Kola

Cayenne Pepper

Mix herbs together and put into capsules size -0- or -00-; Take 2 or 3 capsules with water before or after physical exertion.