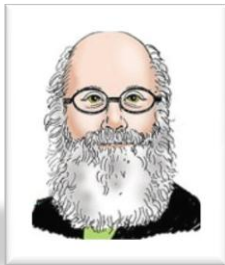


What you need to know about taking Herbalist & Alchemist liquid extracts

By **DEREK CLONTZ**

Chief Herbalist, Nature's Trust

Herbalist-Alchemist herbal extracts are as good as they get – but they are dosed high for extreme situations that might not apply to you.



My advice? Pay no attention to the dosing on the label unless a qualified doctor has told you otherwise.

Ten to 20 drops twice a day are optimally therapeutic for just about everyone under 190 pounds.

In other words, you can megadose, yes – but why waste money?

Here's a good way to find out the serving size that's just-right for you:

SAVE 10% automatically at checkout when you order online at MyHerbs.net

Need help? Call 1-800-215-4682 between 10 a.m. and 2 p.m. Eastern Monday thru Friday or e-mail using our secure form at MyHerbs.net. Click **ASK SUSAN & DEREK** – it's easy!

If you are an adult under 160 pounds, start with 10 drops twice a day.

If you are an adult 160 to 190 pounds, start with 15 drops twice a day.

If you weigh over 190, start with 20 drops twice a day.

After one month, double your dose experimentally for up to 10 days.

If at any time during the experiment you notice that you're getting a better result, stay at the higher dose.

If, however, you get through the experiment without noticing a better result, drop back to your original lower dose and stay there.

The lower dose saves money. Not only that, dosing twice a day instead of three or four times saves time and makes your life easier.

If you want to use the super-high doses on the label, that's fine.

You can take what's suggested – but no more. What you see on the label are maximums.

* Herbs are dietary supplements, not drugs, and they have not been evaluated as drugs by the FDA. They are not intended to help you treat, prevent, mitigate or cure any illness. If you are seriously sick, consult a doctor before you try to diagnose or treat yourself.

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