



MUIH Herbal Dispensary

FALL TEA : “*Fall gently into the change of the Seasons*”

Ashwagandha root- Helps the body adapt to long term stress at the cellular level

Echinacea root- An immune tonic supporting the body’s natural resistance

Burdock root- Detoxifying and grounding herb that helps to build the blood

Licorice root- An adrenal tonic that is soothing to the digestive track and respiratory track

Orange peel and Lemon peel- Supports your digestive system

Instructions: Add 7g to 3 cups of water on the stove. Bring water and herb to a boil. Turn down heat and let simmer for 15 minutes. Strain and drink to your health and wellbeing.



Check out our fall tea blend to help you stay balanced and grounded through the season changes. You can e-mail herbs@muih.edu with your orders, or give us a call at 410-888-9048 *6676.

The herb dispensary at Maryland University of Integrative Health uses exceptionally high-quality herbal products. Our herbal suppliers practice fully documented quality control standards, meeting FDA cGMP's and providing a certificate of analysis demonstrating the authenticity of the herbs we order. The herbs we purchase are purely wild crafted or certified organic.