

Directions for cooking raw herb:

1. Empty contents into a pot (glass, clay cooking pot or electronic decoction herb pot).
2. Submerge herbs in 3-4 cups (750ml - 1000ml) of cold water, soak for 10 minutes and bring to the boil.
3. After 5 minutes of medium, intense heat, turn down and simmer until 1 cup (250ml) liquid is left.
4. Drain the liquid into a cup and drink it all, while warm, (30 minutes after a meal, 1 hour away from other medication)
5. Repeat the cooking procedure step 1 to 4 for the second cup of herb.
6. Discard the herbs after the second cooking.
7. Do not use metal utensils in the preparation or storage of herbs.

*For the electronic decoction herb pot, the method is the same, the green indicator light will signal that one cup (250ml) of liquid remains.

Warnings

If symptoms persist or you experience any unexpected symptoms, contact the Chinese medicine practitioner or medical practitioner.

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草药煎熬说明:

1. 将草药倒入煲中(最好用玻璃, 陶土或者电动煎药器)
2. 将草药浸入 3 杯到 4 杯(750 毫升到 1 升)冷水中, 浸泡 10 分钟再开始煮药。
3. 烧开 5 分钟后, 转小火煮, 直到剩下 1 杯(250 毫升)的液体。
4. 将液体倒入杯子中, 稍转温后全部饮用 (饭后 30 分钟为佳, 与其他药品间隔 1 小时)
5. 第二次煎熬重复第一到第四步程序。

注意:

在第二次烹饪后将草药丢弃。

请勿在准备过程或存储中使用金属器。

警告事项

如果有任何相关问题, 请与我们联系。

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