



Serving size: 1 cup of 250ml.

Benefits: Helps to improve **weakened immunity** & respiratory tract problems eg: cold, flu, cough, etc (**For individuals with Cold body system**), regulate blood pressure level, improve high blood glucose, high cholesterol, stomach-spleen health, kidney health, liver health & sore throat, etc.

Ingredients

Dried Cordyceps Flowers - 5 pieces (3 grams)

Danshen powder - $\frac{1}{4}$ teaspoon (1.25 grams) Or 1 piece of 1 inch length, cut into strips.



Cordyceps Flowers Danshen Goji Berries Tea (For Cold Body System)

Goji Berries - 5 nos (1 gram)

Maltose or Honey 1 teaspoon or as desired.

Hot boiling water 1 cup of 250ml.

*** Daily recommended dosage of Danshen not more than 30 grams & Goji Berries 15-30 grams.**

Preparation

(1) Rinse **all ingredients** with tap or distilled water & discard water. Then rinse again with hot water & discard water.

(2) Add washed ingredients together to 1 cup of hot boiling water, cover with a lid & steep for 10 to 15 minutes. After 15 minutes, remove lid then add maltose or honey, stir well & drink.

Note

(1) Suitable for everyone especially those who have **weakened immunity with cold body system (Cold Body System's symptoms: anemia, cold limbs, pale complexion, pale lips, brittle nails, tongue: pale color & sensitive to cold weather or air-conditioned environment)**, at 1-3 cups daily & for children aged 5-12 years old at ½-1 cup once every 2-3 days.

(2) Moderate intake of **Cordyceps Flowers** for those who have gout or rheumatoid arthritis because it contains uric acid (Purine) which may aggravate their conditions.

(3) For those who are on hypothyroidism medication, take **Cordyceps Flowers** in moderation. **BUT** for those who have hyperthyroidism, to avoid taking **Cordyceps Flowers** because the iodine in **Cordyceps Flowers** may increase thyroid hormones level.

(4) **Cordyceps Flowers & Danshen** may cause some side effects including dizziness, low blood pressure, nausea, upset stomach & a blood condition called thrombocytopenia, etc so if you experiences such symptoms, **do take in moderation.**

(5) Moderate intake of **Goji Berries** if you are pregnant or breast-feeding because **Goji Berries** contain a chemical known as **Betaine** which may cause miscarriage.



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(6) **Cordyceps Flowers & Danshen** have not enough reliable information about the safety intake for pregnant or breastfeeding women if you are pregnant or breast feeding so **take in moderation**.

(7) Moderate intake of **Cordyceps Flowers & Danshen** for those who are on **blood thinning medications** or have **bleeding disorders** because **Cordyceps Flowers & Danshen** may slow down blood clotting.

(8) **Cordyceps Flowers & Danshen** might increase the **risk of bleeding during and after surgery**. Stop taking them at least 2 weeks' before a scheduled surgery.

Caution: To drink this tea infusion at an interval of ½ to 1 hours from medications.

Reference: [Poor Immunity Facts](#)