

Cloves, Walnut & Wormwood Regime

Wormwood & Cloves Capsules

2 Capsules before supper on the first day

4 Capsules before supper on the second day

6 Capsules before supper on the third day building up to 10 Capsules on day five

Maintain this dose until day 10 then repeat this dosage **TWICE weekly** until Capsules are finished

Walnut Tincture

1 drop in a glass of water four times a day on the first day

2 drops four times a day on the second day etc building up to 5 drops on the fifth day

Maintain this dose four times a day until day 10 then repeat the dosage **TWICE weekly** until the tincture is finished

Walnut Capsules

2 Capsules twice a day before meals with one glass of water.



Argyll Herbs Direct Ltd :0845 863 0679, www.argyllherbsdirect.co.uk