

PREPARATION & USAGE INSTRUCTIONS (1-GAL)

Plum Dragon Dit Da Jow Herb Packs (External Use Only)

PREPARATION

1. Open bag and empty the herbs into a 1-gallon (or larger) **GLASS** container. Plum Dragon's herb packs come pre-prepared -- necessary grinding, crushing, processing, frying, etc is already done for you. Feel free to break the herbs up further, but **NEVER** powder the herbs beyond the state they are in.
2. Fill your container with vodka, rum, brandy, rice wine, or a 50/50 mix of Everclear and spring water.
3. Store the container in a dark place at room temperature as some ingredients can break down with excessive exposure to light or extreme temperatures. Shake jar occasionally.
4. The herbs will have soaked up some of the liquid after approximately 25 hours and the level of liquid will be lower. Feel free to top off your 1-gallon jar with either alcohol or spring water and reseal.
5. You should allow a **minimum** of 3 months for the aging process, and we **recommend** at least 6 months to reach full medicinal potency. We also recommend that you do not strain off the herbs at that time. Instead, leave them in the jar with the remaining liquid to continue aging until all the liquid has been used.

USAGE

1. After aging, liberally apply the dit da jow into your palm (you may wish to purchase a dropper bottle to use to dispense the liniment or to carry with you). Place your palm over the desired area and massage the liquid into the skin. New injury favors light consistent massage. Old injuries respond favorably with a deeper, harder massage. Repeat 2-3 times daily for best results.
2. For conditioning such as athletic training, impact training, iron palm or limb knocking, applying before **and** after your workout can help stop bruising from occurring. To safely perform iron palm exercises, please use Plum Dragon's Iron Palm dit da jow formulas.

Dit da jow is for EXTERNAL USE ONLY. Do NOT apply dit da jow to a mucous membrane such as the mouth, ears, or nose. Do NOT apply to cuts or scrapes. Do NOT use this product if you are pregnant or nursing.