

PREPARATION & USAGE INSTRUCTIONS (1-GAL)

Plum Dragon Internal Tonic Herb Packs & Chun Jiu (Spring Wine))

PREPARATION

1. Open bag and empty the herbs into a 1/2-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. We prefer making this wine with slightly lower alcohol content than dit da jow, so feel free to cut your alcohol between 30-40%.
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. Internal tonics are traditionally consumed in 1 oz. quantities on cool evenings, or, alternatively, every evening during intense training. Some people like to take Spring Wine every day, all year, while others prefer to take it a few times per week only during Spring months. With use, you can determine what is best for you and your body.
2. If you are sick (viral or bacterial infections such as the flu, common cold, strep, etc.) do **NOT** use internal tonics until you are healthy again.
3. **Pregnant and nursing woman should not use these products.**

We make no claims about these products' potential interactions with medications or with diet. We recommend you seek the advice of a qualified medical practitioner if you have any questions relating to these types of interactions. Please see [conditions of use](#) on our website.