



Snack Grade Delicious™
Herb Grade Serious



Ron Teeguarden's
Dragon Herbs®



LONGAN

- BEAUTY FROM WITHIN • BLOOD TONIC
- REFRESHING SLEEP • CALM ENERGY



A Must For Women™
A Plus For Men





LONGAN

Longan, translated literally as "Dragon Eye", is a **delicious fruit** extremely **popular** in Asia as a snack and as an ingredient in tonic teas and formulations. It has a slightly chewy texture with a unique sweet, smoky flavor.

- **Beauty:** Longan is a famous beauty herb. It adds luster and beauty to the skin.
- **Sleep:** Promotes tranquility and has been found to promote deep, refreshing sleep.
- **Memory & Stress:** Can be used to enhance memory and steady the nerves by fortifying *Blood* and *Qi*.
- **Energy:** Great *Qi* tonic for building up your everyday energy. Consumed regularly, Longan boosts temporary energy as well as long term vitality, yet it is not a stimulant like caffeine. It gives you energy while simultaneously relaxing you.
- **Blood-Building:** In Chinese herbalism, there is a saying: "Women are governed by *Blood*". It reflects a fundamental concept that *Blood* plays a particularly pivotal role in women's health. It is closely linked to several critical physiological functions, including menstruation, fertility, pregnancy, childbirth, emotional well-being, and menopause. *Blood* tonics such as Longan build healthy rich blood. Everyone can benefit from *Blood* tonics, but women frequently need *Blood* tonics because of their hormonal and menstrual functions. Since blood nourishment is closely tied to the condition of the skin, *Blood* tonics are also used to promote radiant and healthy skin.
- **Heart Health:** Longan is traditionally used as a *Heart* tonic. *



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Many Uses



Snack



Cereal/
Yogurt



Salads



Baked
Goods



Soups



Smoothies



Teas

No sulfites • No added color • No sugar

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.