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Fat Soluble On One Side Of The Molecule And Water Soluble On The Other Side) — All Of Which Possess Unique And Specific Health-giving Properties. Gynostemma Is A True Tonic — You Can Take It Or Make Tea Out Of It Nearly Every Day With Benefits That Accrue The More You Consume It. Gypenoside 49 (49th Of The 120 Saponins) Has May 3th, 2024

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Chaga Can Be Bought As Chunks, Ground Or As A Powder. It Can Be Taken In Capsule Form, Bought As Ready Prepared Tea Bags And Also As A Tincture. All Forms Are Beneficial. To Make Chaga Tea Use Chaga That Has Been Ground To A Very May 2th, 2024

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