

Dried Pawpaw Leaf Preparation Instructions



Add 2 rounded teaspoons of Pawpaw Leaf to half a pint of good quality still bottled mineral water or filtered tap water. Boil and allow to simmer for 10-15 minutes in a covered saucepan or similar, (do not use aluminium). The leaves can be consumed with the drink if preferred, so at this point strain if leaves are not required. Allow to cool, put into glass container and place in fridge until needed.

Dosage

Use the brew in 2 equal doses Dose No.1 before breakfast. Dose No. 2 before retiring to bed. You may add fruit juice, Kombucha, honey etc. to finished brew to taste if you wish. It is advisable to make fresh brews daily.

Preparation Instructions for Stronger Papaya Extract

Add 7 lightly heaped tablespoons (35g) of Papaya Leaf to 1 litre of good filtered water, or a good quality still bottled mineral water. Boil and allow to simmer gently for 10-15 minutes in a covered saucepan or similar, (do not use aluminium). Allow to cool for 15-20 minutes, letting leaves soak. Then strain. Put into glass container and place in fridge until needed.

Dosage

150 ml per day. Use the brew in 3 equal doses. Dose No. 1 before breakfast. Dose No. 2 Mid Afternoon, Dose No. 3 before retiring to bed. You may add fruit juice, Kombucha, honey etc. to finished brew to taste if you wish. 1 litre will last approx. 1 week under the above dosages. One 150 g container of Papaya leaves will last approx. 1 month.