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Manufactured by NOW FOODS

BLOOMINGDALE, IL 60108

Slippery Elm (*Ulmus fulva*), also known as Red Elm, Moose Elm or Indian Elm, is a small tree native to North America. It has been a part of traditional herbal medicine for over 100 years, and was used by North Americans and early settlers as a survival food during lean times. Tradition has it that the American troops who spent the bitter winter at Valley Forge during the Revolutionary War survived for days on slippery elm gruel. Look for this and other fine NOW® herbal products at health food stores nationwide.

SUGGESTED USAGE: As a dietary supplement, take 2 capsules 1-3 times daily.

Slippery Elm

HERBAL SUPPLEMENT

400 mg
100 Capsules
A Dietary Supplement



Supplement Facts

Serving Size 2 Capsules

Servings per container 50

Amount Per Serving	% Daily Value
Total Carbohydrate	< 1 g < 1%*
Slippery Elm Powder	800 mg †
(Ulmus fulva) (Bark)	

* Percent Daily Value based on a 2,000 calorie diet.

† Daily Value not established.

Other ingredients: Magnesium Stearate (vegetable source).

Contains no sugar, salt, yeast, wheat, gluten, corn, milk or preservatives.

Slippery Elm is a soothing herb that is consumed in many forms including lozenges and liquid extracts.