

CODE 5060



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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 both Native Americans and early settlers as a survival food during lean times. Look for this and other fine NOW® products at health food stores nationwide.

SUGGESTED USAGE: As an herbal dietary supplement, stir 1 teaspoon into 1 cup of water and simmer for several minutes. Let cool. Add honey and sip or gargle, several times a day.

Slippery Elm

HERBAL SUPPLEMENT

Powder

Net Wt. 4 oz. (113g)

A Dietary Supplement



Supplement Facts

Serving Size 1 teaspoon (1.5g)
Servings per container 76

	Amount per Serving	% Daily Value
Calories	5	
Total Carbohydrate	1.2 g	<1%*
Slippery Elm Powder (<i>Ulmus fulva</i>) (bark)	1.5 g (1500mg)	†

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

†Daily Value not established.

Other Ingredients: none.

Slippery Elm Powder can be used as a tea by boiling 1 pint of water and adding 1 oz. powder, stirring constantly. Drink 6 oz. three to four times a day.