

WILD LETTUCE

Lactuca spp.

Promotes
Restful Sleep*

2 fl. oz. (60 mL)

HERBAL SUPPLEMENT

HERBALIST
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ALCHEMIST



Suggested use: 30-40 drops (1.5-2 mL) in juice or water. Take 3 times per day. Shake well before using.

KEEP OUT OF CHILDREN'S REACH

Supplement Facts

Serving size 40 drops (2 mL)
Servings per container 30

Amount Per Serving

Fresh Wild Lettuce herb ♦
extract 2 mL†

† Daily value not established.

Other ingredients: Ethyl alcohol ♦,
distilled water.

Botanical Preparation Ratio 1:2.14
♦ Certified Organic

*This statement has not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.

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