



Store away from heat & light  
Keep Out of the Reach of Children

Add 1 full squeeze of the dropper bulb to 2 oz. of water or juice, 2 to 5 times per day. Best taken between meals.

SHAKE WELL BEFORE USING

### SUGGESTED USE

*Plantago major*  
**PLANTAIN**  
CLEANSE & DETOXYFY\*



HERBAL SUPPLEMENT

4 fluid ounces (120 ml)

## Plantain Liquid Extract

### Supplement Facts

Serving Size: 0.7 ml

Servings: about 168

Amount Per Serving	% DV
--------------------	------

<b>Plantain leaf</b> ( <i>Plantago major</i> ) ① ② extract 650 mg ③	†
--	---

† Daily Value (DV) not established

Other Ingredients: certified organic cane alcohol (46-56%). **Gluten-Free**

- ① Certified Organic    ② Fresh (undried)  
③ Extraction rate 700 mg fresh herb per 0.7 ml.

Fresh herb / menstruum ratio: 1 : 1

We prepare our Plantain Extract from fresh (undried) leaf of *Plantago major* plants which are **certified organically grown** on our own farm.

**HERB PHARM • WILLIAMS, OR 97544**  
**800-348-4372 • [www.herb-pharm.com](http://www.herb-pharm.com)**

Certified organic by Organic Certifiers

**\*THIS STATEMENT HAS NOT BEEN EVALUATED BY THE FDA. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT ANY DISEASE.**