

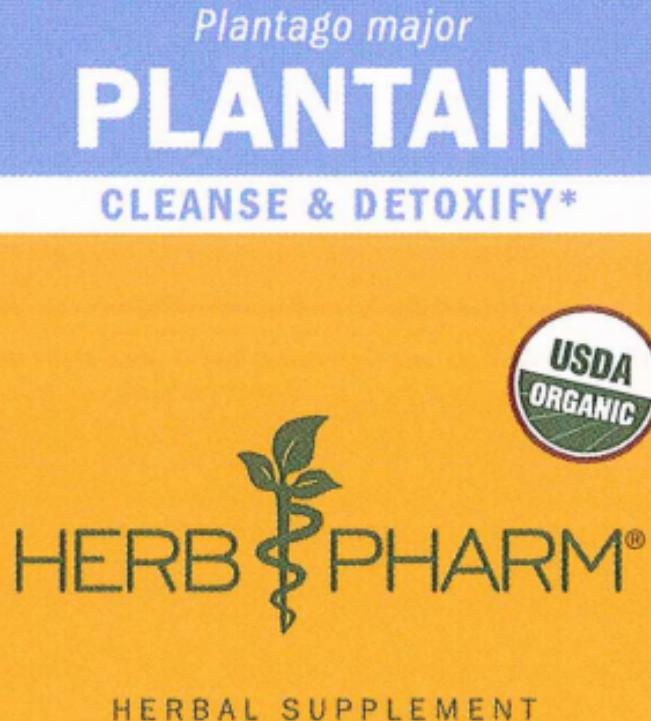
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**SUGGESTED USE**

SHAKE WELL BEFORE USING  
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.

**Keep Out of the Reach of Children**

**Store away from heat & light**



010

**Plantain Liquid Extract**

**Supplement Facts**

Serving Size: 0.7 ml

Servings: about 168

Amount Per Serving

% DV

Plantain leaf

†

(*Plantago major*) 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.