

**SUGGESTED DOSAGE:**

2-3 capsules when symptoms first appear. Then take 2-3 capsules 1-3 times daily or until symptoms are resolved. If symptoms continue to worsen take Attack 1 or Attack 2.

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**CAUTION:**

If pregnant or nursing, consult your healthcare provider before using this, or any other product.

Store in a cool, dry place, do not refrigerate.

This product is manufactured in an FDA compliant facility

Manufactured for:  
Pacific BioLogic Co.  
Concord, CA 94521  
(800) 869-8783  
www.pacificbiologic.com

Pacific BioLogic



# Self Defense

Herbal Supplement

*Powerful Tools for Gentle Healing*

**525 mg / 90 Vegetarian Capsules**



## Supplement Facts

Serving size: 3 capsules  
Servings per container: 30

Amount per capsule 525 mg % DV

Proprietary Blend	
Oregon grape root .....	*
Astragalus root.....	Huang Qi.....*
Chrysanthemum flower .....	Ju Hua.....*
Codonopsis root.....	Dang Shen.....*
Dryopteris rhizome .....	Guan Zhong.....*
Bai-zhu atractylodes rhizome ..	Bai Zhu.....*
Cinnamon twig.....	Gui Zhi.....*
Echinacea purpurea root.....	*
Ginger root (fresh) .....	Sheng Jiang.....*
Schizandra fruit.....	Wu Wei Zi.....*
Siler root.....	Fang Feng.....*
Licorice root (prep) .....	Zhi Gan Cao.....*
Echinacea angustifolia root.....	*

\*Daily value not established

Other ingredients: capsules of plant origin (Cellulose)

The above information has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

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