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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

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*Avena sativa*  
**OAT SEED**

**NERVOUS SYSTEM**

**Restore & Tone\***

HERB PHARM®

HERBAL SUPPLEMENT

1 fluid ounce (30 ml)



## Oat Seed Liquid Extract

### Supplement Facts

Serving Size: 0.7 ml

Servings: about 42

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

|                                                                 |   |
|-----------------------------------------------------------------|---|
| Oat "milky" seed<br>( <i>Avena sativa</i> ) ①② extract 647 mg ③ | † |
|-----------------------------------------------------------------|---|

† Daily Value (DV) not established

Other Ingredients: certified organic cane alcohol (48-58%) & distilled water. **Gluten-Free**

① Certified Organic      ② Fresh (undried)  
 ③ Extraction rate 350 mg fresh herb per 0.7 ml.

Fresh herb / menstruum ratio: 1 : 2

**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.