

Recommended Dosage: As a dietary supplement, take two (2) tablets of WHF Woman's Herbal Guardian in the morning and two (2) in the evening or as needed with a glass of water or juice. For optimum results, use this product with other Wachters' supplements.

THIS PRODUCT WAS SEALED FOR YOUR PROTECTION. DO NOT USE IF SEAL HAS BEEN TAMPERED WITH.

Keep out of reach of children

WHF Woman's Herbal Guardian is an exclusive scientific formulation consisting of herbal and natural ingredients that have been used for centuries in Chinese and Ayurvedic Medicine to serve as a tonic for a woman's special health requirements. **Wild Yam Root** and **Chaste Berry** may help relieve cramping and muscle spasms associated with a woman's menstrual cycle. **Valerian Root**, **Chamomile** and **Red Raspberry** may help to relieve tension and anxiety. **Dong Quai** may help with hot flashes and can help increase energy levels. The balanced combination of herbs and **Branch Chain Amino Acids**, (L-Isoleucine, L-Leucine and L-Valine) may assist hormone levels.*

* This Statement has not been evaluated by the Food and Drug Administration. This Product is not intended to diagnose, treat, cure or prevent any disease.

With Wachters' Exclusive Blend of Sea Vegetation® a unique combination comprising up to 15 different species of the highest quality sea vegetation from around the world, that serves as a synergistic activator of the other ingredients in this product, WHF Women's Herbal Guardian is a vital part of the Wachters' Health and Wellness Program for women.

Wachters' Organic Sea Products' dietary supplements contain no preservatives, yeast, artificial colorings, artificial flavorings, sugar, starch or animal products. No heat, moisture or chemicals are used in preparation of WHF.

WACHTERS'



Herb-A-Sea™
WHF

Women's Herbal Guardian

Dietary Supplement
120 TABLETS

Supplement Facts

Serving Size: 4 Tablets

Servings Per Container: 30

	Amount Per Serving	% Daily Value
Vitamin B6 (as pyridoxine hydrochloride)	2 mg	100%
Pantothenic Acid (as d-calcium pantothenate)	50 mg	500%
Calcium (as carbonate, amino acid chelate)	333 mg	33%
Proprietary Blend consisting of:	1175 mg	*
Wachter's Exclusive Blend of Sea Vegetation®		
Wild Yam Root Extract (<i>Dioscorea villosa</i>)		
Dong Quai Root Extract and Powder (<i>Angelica sinensis</i>)		
Chaste Berry Extract (<i>Vitex agnus castus</i>)		
Amino Acid Complex (L-Isoleucine, L-Leucine, L-Valine)		
Evening Primrose Powder (<i>Oenothera biennis</i>)		
Borage Powder (<i>Borago officinalis</i>)		
Chamomile Flowers (<i>Matricaria recutita</i>)		
Kudzu Root (<i>Pueraria lobata</i>)		
Red Raspberry Leaf (<i>Rubus idaeus</i>)		
Valerian Root (<i>Valeriana officinales</i>)		
Chlorophyll		
Lutein		

* Daily Value not Established

"Wachters' Exclusive Blend of Sea Vegetation", is a registered trademark of Wachters' Organic Sea Products and is an exclusive combination of multimarine plant sources.

Manufactured By: Wachters' Organic Sea Products, 550 Sylvan Street,
Daly City, CA 94014 • www.wachters.com • To report a serious adverse
event or obtain product information, call 1-800-682-7100

Made in U.S.A.
Code # 4272