

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.

CAUTION:

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

Self Defense is a proprietary formula of Pacific BioLogic Co. manufactured in an FDA compliant facility in the United States of America from imported and domestic ingredients



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

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



Pacific BioLogic

POWERFUL TOOLS FOR GENTLE HEALING

Self Defense

Herbal Supplement



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)

Lot: 203627 Mfg. Date: 5/19



Manufactured for: Pacific BioLogic Co.
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To report a serious adverse event or obtain product information, contact (800) 869-8783