

DIRECTIONS & RECOMMENDED USE:

As a dietary supplement, take 2 capsules daily 1 to 2 hours prior to physical activity or as directed by your healthcare provider.

WARNING:

People with bleeding disorder, low blood pressure, or estrogen-sensitive conditions should take extra caution if taking horny goat weed.

Do not exceed recommended dose. Pregnant or nursing mothers, children under 18 and individuals with known medical conditions should consult a physician before using this dietary supplement. Discontinue use and consult your physician if any adverse reactions occur.

Keep out of reach from children. Do not use if safety seal is damaged or missing. Store in a cool, dry place.

* 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.

www.vitam Monk.com

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vita**monk**

OPTIGOAT™

EXTRA STRENGTH HORNY GOAT WEED

- Supports Sex Drive*
- Supports Sexual Function*

Dietary Supplement

60 Capsules

Supplement Facts

Serving Size 2 capsules

Servings Per Container 30

Amount Per Serving	
Horny Goat Weed Extract (Epimedium Sagittatum) (Std. to 10% icariins)	1000 mg*

*Daily Value not established

Other Ingredients: Hydroxypropyl Methylcellulose (vegetarian capsules),
Organic Rice Concentrate