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AVENA SATIVA

Herbal Liquid Extract Supplement

Cloudiness or sediment can occur in herbal products and will not alter the effectiveness.

>> NESTMANN <<

3.38 Fl Oz (100 mL)

Suggested Use: Adults take 30 drops in tepid water three times daily. If needed, may take up to 1 teaspoon before bedtime. Children 6 years or older take 10 drops in water three to five times daily. Children up to 6 years old take 5 drops in water three to five times daily.

Warnings: If pregnant or breast-feeding, consult a health professional before use. Keep out of reach of children.

Tamper Evident: Use this product only if tamper evident ring has not been broken away from base of cap.

SUPPLEMENT FACTS

Serving Size 30 drops (0.9 mL)

Servings Per Container about 111

Amount Per Serving	% Daily Value
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Mugwort aerial root, Valerian root, European Vervain aerial portion, St. John's Wort aerial portion, Heather aerial portion, White Nettle blossom, Hops blossom, Cowslip blossom, Peppermint leaf, Lemon Balm leaf, Dill fruit, Pulsatilla whole plant, Oat (Avena Sativa) kernel, Red Squill bulb	*
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* Daily Value not established.

Other Ingredients: Water, ethyl alcohol (44% by vol.)



Distributed by:
Marco Pharma Int'l
Roseburg, OR 97470

Made in Germany
Nestmann Pharma
Zapfendorf/Bamberg

2090