



GENTLE BIRTH

Childbirth
Support

EXPECTING & NURSING MOMS

2 fl. oz.
(60 mL)

HERBAL DIETARY
SUPPLEMENT

48
SERVINGS



SUGGESTED USE: During the last 5 weeks of pregnancy: **Week 1:** 1/4 tsp. 2 times daily before meals. **Weeks 2-5:** 1/4 tsp. 3 times daily before meals. **Caution:** If you are pregnant, nursing, have a medical condition, or are taking a prescription, consult your health care provider before using this product. Shake well. Keep out of reach of children. Store in a cool, dry place out of sunlight.

Manufactured and Distributed by:
Mountain Meadow Herbs, Inc.
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Help your body prepare to give birth*

- Enjoy a more comfortable labor and delivery*
- Support a quick recovery*
- Midwife-approved*



1 dropperful = approx. 1/8 tsp.

Supplement Facts

Serving Size: 1/4 tsp
Servings Per Container: 48

Per Serving	%DV
Proprietary Blend	1.25 mL †

Blessed Thistle herb, Red Raspberry leaf, False Unicorn root, Partridge Berry herb, Blue Cohosh root, Ginger root, Skullcap herb, Motherwort herb, Wild Yam root, Bayberry root bark.

† Daily Value (DV) not established

Other Ingredients: vegetable glycerin, distilled water and approx. 5% - 10% organic grain alcohol.

Caution: Do not use with products containing herbs already in this formula. Use with caution in cases of high or low blood pressure.

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*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.