

Suggested Use: Take 2 capsules twice a day, preferably with meals.

Description: Self Heal helps maintain healthy support for the immune system. It helps in maintaining overall skin health. It also is a natural antiseptic which helps keep germs away. Self Heal is composed of beta-amyryn which helps the body with healthy anti-inflammatory functions. *

Caution: Do not exceed recommended dose. Pregnant or nursing mothers, children under the age of 18, and individuals with a known medical condition should consult a physician before using this or any dietary supplement. Store at room temperature.

* 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.



Nature's Health

Nature's Health
Salt Lake City, UT 84115
(888) 270-0649

www.natureshealth.com



Nature's Health

SELF HEAL

Prunella Vulgaris



500 mg
Dietary Supplement

- + Promotes Overall Skin Health *
- + Naturally Supports a Healthy Immune System *

60 Veggie Capsules

Supplement Facts

Serving Size: 2 capsules

Servings Per Container: 30

	Amount Per Serving	%DV
Self Heal Powder	1000 mg	†
† Daily Value not established		

FREE of wheat, gluten, milk, egg, soybeans, fish, shellfish, peanuts, and tree nuts. Contains NO fillers, preservatives, artificial colors, flavors, or sweeteners.



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