

Blessed thistle (Cnicus benedictus; also known as Holy Thistle or St. Benedict's Thistle) is a small, annual herb native to the Mediterranean and naturalized in North America. Blessed thistle has been used as an Herbal Remedy since the Middle Ages. It has traditionally been used to help digestion and feminine health* Certain research publications indicate that it may help support the following:

- ▶ Supports healthy digestive system*
- ▶ Supports lactation & post-natural health*
- ▶ Supports female hormones balance*

SUGGESTED USE: As a dietary supplement, take two (2) capsules three times daily, preferably with food.

Keep out of the reach of children.
Do not use if safety seal is broken or missing.
Keep in 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.

 **MADE IN USA**



Blessed Thistle

Premium Formula



800 mg/Serving
3rd Party Lab Tested

250 CAPSULES **DIETARY SUPPLEMENT**

Supplement Facts

Serving size: 2 capsules
 Servings per container: 125

	Amount per serving	%Daily Value
Blessed Thistle (stem, leaf, flower)	800mg	*

*Daily Value not established.

Other Ingredients: Gelatin (capsule), cellulose, silica, vegetable stearate.

CAUTION: For adults only, if you are pregnant, nursing, taking any medications or have any medical condition, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur.

No Artificial Color, Flavor or Sweetener, No Preservatives, No Sugar, No Starch, No Corn, No Soy, No Egg, No Milk, No Lactose, No Gluten, No Wheat, No Yeast. Sodium Free.

Manufactured for Best Naturals,
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