



Distributed by:
Baar Products, Inc.
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Product #5060

SUGGESTED USAGE: As an herbal dietary supplement, stir 1 teaspoon into 1 cup of water and simmer for several minutes. Let cool. Add honey and sip or gargle, several times a day.

Slippery Elm (*Ulmus rubra*, also *Ulmus fulva*) also known as Red Elm, Moose Elm or Indian Elm, is a small tree native to North America. It has been a part of traditional herbal medicine for over 100 years, and was used by both Native Americans and early settlers as a survival food during lean times.



Supplement Facts

Serving Size 1 teaspoon (1.5g)
Servings per container 76

	Amount per Serving	% Daily Value
Calories	5	
Total Carbohydrate	1.2 g	<1%*
Slippery Elm Powder (<i>Ulmus rubra</i>) (bark)	1.5 g (1500mg)	†

*Percent Daily Values are based on a 2,000 calorie diet.
†Daily Value not established.

Other Ingredients: none.