

PLANTAIN

Plantago major

Promotes Healthy
Mucous Membrane
Tissue*

2 fl. oz. (60 mL)
HERBAL SUPPLEMENT

HERBALIST
H&A
ALCHEMIST

Suggested use: 60-100 drops
(3-5 mL) in juice or water.
Take 3 times per day. Shake
well before using.

KEEP OUT OF CHILDREN'S REACH

Supplement Facts

Serving size 100 drops (5 mL)
Servings per container 12

Amount Per Serving

Fresh Plantain leaf ♦ extract 5 mL†

† Daily value not established.

Other ingredients: Distilled water,
ethyl alcohol ♦.

Botanical Preparation Ratio 1:2.25
♦ Certified Organic

*This statement has not been
evaluated by the FDA. This product
is not intended to diagnose, treat,
cure or prevent any disease.

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Best By: 08/26



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