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## Herbs That Work

From field to cup, we make sure our teas deliver the benefits of these amazing plants. To deliver consistent high quality teas, we source organically farmed or organically wild-collected herbs from ethical trading partnerships, seeking out medicinal-grade plants. Only a small fraction of the world's herb supply meets our high quality standards.



Learn more about our farming communities and our work to create positive social impact at [traditionalmedicinals.com](http://traditionalmedicinals.com)



DAILY

HERBAL

ORGANIC

# Lemon Balm

Calms the Nervous System & Supports Digestion\*

Caffeine Free

16 Wrapped Tea Bags

Herbal Supplement

NET WT. 85 OZ (24g)



## Supplement Facts

Serving Size 1 tea bag (makes 8 fl. oz.) Servings Per Container 16

	Amount Per Serving	%DV
<b>Calories</b>	<b>0</b>	
<b>All Herbal Ingredients:</b>		
Organic lemon balm leaf	1500 mg	†
† Daily Value (DV) not established.		

Made by **TRADITIONAL MEDICINALS**  
4515 Ross Road, Sebastopol, CA 95472 USA  
**Certified organic by CCOF. All Ingredients Certified Organic.**



This product may cause drowsiness. Exercise caution if you are driving or involved in activities requiring mental alertness. **Consult your healthcare practitioner** prior to use if pregnant or breastfeeding.

\*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.

DAILY HERBAL

ORGANIC

## Lemon Balm

### HERBAL POWER

Calms the nervous system and supports digestion.\*

### TASTE

Pleasantly mild, with subtle citrus notes.

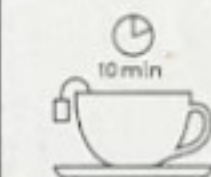
### PLANT STORY

With broad leaves and a pleasing lemony scent, lemon balm is traditionally used to support digestion and relieve nervous tension.\* Native to Southern Europe, people have been cultivating and using this plant for thousands of years. Known as the "bringer of gladness," it's sure to brighten your day.

### TO ENJOY



**POUR**  
8 oz. freshly boiled water over 1 tea bag.



**COVER & STEEP**  
for 5-10 min.



**SQUEEZE & REMOVE**  
tea bag to ensure maximum goodness.

**ENJOY**  
3 cups per day.

