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Adults: Add 1 squeeze of the dropper bulb to 2 oz. of water or juice, 2 to 5 times per day. Best taken between meals.

Keep Out of the Reach of Children

Store away from heat & light

SUGGESTED USE

SHAKE WELL BEFORE USING

Avena sativa
OAT SEED

NERVOUS SYSTEM

Restore & Tone*



HERBAL SUPPLEMENT

1 fluid ounce (30 ml)



Oat Seed Liquid Extract

Supplement Facts

Serving Size: 0.7 ml

Servings: about 42

Amount Per Serving

% DV

Oat "milky" seed

647 mg Ⓢ †

(*Avena sativa*) Ⓢ Ⓢ extract

† Daily Value (DV) not established

Other Ingredients: certified organic cane alcohol (48-58%) & distilled water. **Gluten-Free**

Ⓢ Certified Organic Ⓢ Fresh (undried)

Ⓢ Extraction rate 350 mg fresh herb per 0.7 ml.

Fresh herb / menstruum ratio: 1 : 2

HERB PHARM • WILLIAMS, OR 97544

800-348-4372 • www.herb-pharm.com

Certified organic by Organic Certifiers

*THIS STATEMENT HAS NOT BEEN EVALUATED BY THE FDA. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT ANY DISEASE.