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SUGGESTED USE
SHAKE WELL BEFORE USING
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

010

alcohol-free

Avena sativa
OAT SEED

NERVOUS SYSTEM

Restore & Tone*



HERBAL SUPPLEMENT

1 fluid ounce (30 ml)

Oat Seed Glycerite

Supplement Facts

Serving Size: 0.7 ml

Servings: about 42

Amount Per Serving	% DV
Oat "milky" seed	801 mg Ⓢ †
(Avena sativa) Ⓢ Ⓣ extract	

† Daily Value (DV) not established

Other Ingredients: certified organic vegetable glycerin & distilled water. **Gluten-Free**

Ⓢ Certified organic Ⓣ Fresh (undried)

Ⓢ Extraction rate 350 mg fresh herb per 0.7 ml.

CONTAINS NO ALCOHOL

Fresh herb / menstuum ratio: 1 : 2

Prepared from the fresh (undried) seed of *Avena sativa* which is **certified organically grown** on our own farm.

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.