



Keep Out of the Reach of Children
Store away from heat & light

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.

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SUGGESTED USE
SHAKE WELL BEFORE USING

Plantago major
PLANTAIN

CLEANSE & DETOXIFY*



HERBAL SUPPLEMENT

1 fluid ounce (30 ml)



Plantain Liquid Extract

Supplement Facts

Serving Size: 0.7 ml

Servings: about 42

Amount Per Serving	% DV
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Plantain leaf (<i>Plantago major</i>) extract	650 mg †
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† Daily Value (DV) not established

Other Ingredients: certified organic cane
alcohol (46-56%). **Gluten-Free**

- Certified Organic
- Fresh (undried)
- Extraction rate 700 mg fresh herb per 0.7 ml.

Fresh herb / menstruum ratio: 1 : 1

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.