

## Suggested Use

1 ml, 2 - 3 times daily in water, or as directed.  
Shake well before using.

## Caution

Consult with your physician or a qualified  
herbalist before using if pregnant or nursing.  
Keep out of reach of children.

\*This statement has not been evaluated by the  
Food and Drug Administration. This product is  
not intended to diagnose, treat, cure, or prevent  
any disease.

## Integrating Traditions for Wellness

Five Flavors Herbs creates and delivers effective,  
sustainable herbal remedies by integrating East  
Asian medicine principles with Western herbs and  
modern research.



ORGANIC

# MILKY OATS

*Relaxes and Calms the Mind\**

HERBAL SUPPLEMENT

2 FL OZ (59 ML)

## Supplement Facts

Serving Size: 1 ml (approx. 1.5 dropperfuls)

Servings Per Container: 59

| Amount Per Serving | % Daily Value |
|--------------------|---------------|
|--------------------|---------------|

|                                                  |        |
|--------------------------------------------------|--------|
| Fresh Organic Oat Seed Extract<br>(Avena sativa) | 1 ml ‡ |
|--------------------------------------------------|--------|

‡ Daily Value not established.

**Other Ingredients:** Organic Cane Alcohol (50-60%  
ABV), Purified Water.

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Certified Organic by CCOF



Lot No: 0421