



SUGGESTED USE

SHAKE WELL BEFORE USING

Take up to 40 drops in 2 oz. of water or juice, two to five times per day.

Best taken between meals.

Keep Out of the Reach of Children

Store away from heat & light

006

fresh leaf **PLANTAIN** CLEANSE & DETOXIFY



HERBAL SUPPLEMENT

1 fluid ounce (29.6 ml)

Plantain Liquid Extract

Ingredients: certified organic alcohol (45-55%) & Certified Organic Plantain extractives.
GLUTEN-FREE

Fresh herb / menstruum ratio: 1 : 1

We prepare our Plantain Extract from fresh (undried) leaf of *Plantago major* &/or *lanceolata* plants which are **Certified Organically Grown** on our own farm.

To assure optimal extraction of Plantain's bioactive compounds, we hand-harvest only the young tender leaves, which are then taken directly to our laboratory and promptly extracted while still fresh & succulent.

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CERTIFIED ORGANIC BY ORGANIC CERTIFIERS