

Directions: For adults, mix 2 mL (abt. 1/2 tsp) of extract in 2 fl. oz (60 mL) water one time daily preferably with a meal.

Helps to relieve occasional stiffness and joint discomfort after periods of physical exertion.*

***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.**

WARNING: Not intended for use by pregnant or nursing women. If you have a medical condition or are taking medication, consult your doctor prior to use. Discontinue use and consult with your doctor if any adverse reactions occur.

KEEP OUT OF REACH OF CHILDREN

PURE HERBS, LTD.™
Natural Herbal Extracts

RST-C

Dietary Supplement

"No expense has been spared to provide the finest nature has to offer."

1 fl. oz. (30 mL)

SHAKE WELL BEFORE USE

Supplement Facts

Serving Size: 2 mL (abt. 1/2 tsp)

Servings Per Container: 15

Amount per serving	%DV
Proprietary Blend	1983 mg †
White Mustard (seed) (<i>Brassica sp.</i>) (Yellow Mustard) Extract, Chickweed (aerial parts) (<i>Stellaria media</i>) Extract, Fo-Ti (root) (<i>Polygonum multiflorum</i>) (He Shou Wu) Extract, Calendula (flower) (<i>Calendula officinalis</i>) Extract, Arrowroot (root) (<i>Maranta sp.</i>) Extract, Kelp (whole algae) (<i>Ascophyllum sp.</i>) Extract, Irish Moss (moss) (<i>Chondrus crispus</i>) Extract, Bladderwrack (algae) (<i>Fucus sp.</i>) Extract	

† Daily Value (DV) not established.

Other Ingredients: None

Herb: Solvent Ratio 1:7 (Distilled Water &
Neutral Grain Spirits 28-38% ABV)

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