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To assure optimal extraction of Blessed Thistle's bioactive compounds, the plants are hand-harvested while in full flower, are carefully shade-dried to retain their full color & aroma, and are then thoroughly extracted.

We prepare our Blessed Thistle Extract from the whole flowering herb (without root) of *Cnicus benedictus* plants which have been **Certified Organically Grown.**

LIQUID HERBAL EXTRACT

BLESSED THISTLE

Cnicus benedictus
Whole Flowering Herb



HERBAL SUPPLEMENT

1 fluid ounce (29.6 ml)

Blessed Thistle Liquid Extract

Ingredients: certified organic grain alcohol (38-48%), distilled water & Blessed Thistle extractives.

Dry herb / menstruum ratio: 1 : 5

SUGGESTED USE

SHAKE WELL BEFORE USING

Two to four times per day
take 30 to 40 drops in a little water.

Caution: Consult a qualified midwife or physician before taking during pregnancy.

Keep Out of the Reach of Children

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