

The active constituents in Ginger promote digestive health, as well as alleviate occasional motion sickness.* Ginger contributes positively to joint health.*

Nature's Bounty's Guarantee: We only use the finest quality herbs and spices. Each is screened and finely milled for quick release.

Nature's Bounty's preservative-free gelatin capsules contain pure milled herb powder.

◆Nature's Bounty's Natural Whole Herb products utilize ground plant parts to provide the natural components in the amounts found in nature.

 Nutrition Questions or Comments?
Call NutraPhone® 1-800-433-2990
Mon. - Fri. 9 AM - 7 PM ET

For educational health tips and to join our money saving Healthy Rewards™ program, visit www.NaturesBounty.com

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



Prod. No. 5145 B5145 05D

NATURE'S  BOUNTY®

NATURAL WHOLE HERB◆

Ginger Root

550mg

**Promotes
Digestive Health &
Alleviates Occasional
Motion Sickness***



100 capsules

HERBAL SUPPLEMENT

DIRECTIONS: For adults, take one (1) capsule three times daily, preferably with meals.

Supplement Facts

Serving Size 1 Capsule

Amount Per Serving	%Daily Value
Ginger (<i>Zingiber officinale</i>) (root)	550 mg **

**Daily Value not established.

Other Ingredients: Gelatin, Vegetable Magnesium Stearate, Silica.

No Artificial Color, Flavor or Sweetener,
No Preservatives, No Sugar, No Starch,
No Milk, No Lactose, No Soy, No Gluten,
No Wheat, No Yeast, No Fish. Sodium Free.

WARNING: If you are pregnant, nursing or taking any medications, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur. Keep out of reach of children. Store in a cool, dry place. Do not use if seal under cap is broken or missing.

Carefully Manufactured by
NATURE'S BOUNTY, INC.
Bohemia, NY 11716 U.S.A.
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