



SUGGESTED USE

SHAKE WELL BEFORE USING

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

Best taken between meals.

Keep Out of the Reach of Children

Store away from heat & light

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BLESSED THISTLE

OPTIMAL WELL-BEING



HERBAL SUPPLEMENT

1 fluid ounce (29.6 ml)

Blessed Thistle Liquid Extract

Ingredients: certified organic alcohol (38-48%), distilled water & Certified Organic Blessed Thistle extractives. **GLUTEN-FREE**

Dry herb / menstruum ratio: 1 : 5

We prepare our Blessed Thistle Extract from the whole flowering herb of *Cnicus benedictus* plants which have been **Certified Organically Grown**.

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.

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CERTIFIED ORGANIC BY ORGANIC CERTIFIERS