



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

006

BLESSED THISTLE

OPTIMAL WELL-BEING



HERBAL SUPPLEMENT

4 fluid ounces (118.4 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