

BLUE VERVAIN

OPTIMAL WELL-BEING



HERBAL SUPPLEMENT

1 fluid ounce (29.6 ml)

SUGGESTED USE

SHAKE WELL BEFORE USING

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

Best taken between meals.

Caution: Seek expert medical advice before taking during pregnancy.

Keep Out of the Reach of Children

Store away from heat & light

Blue Vervain Liquid Extract

Ingredients: distilled water, certified organic alcohol (38-48%) & Blue Vervain extractives.
GLUTEN-FREE

Dry herb / menstruum ratio: 1 : 5

We prepare our Blue Vervain Extract from the flowering tops of *Verbena hastata* & *laslostachys* plants which are **Certified Organically Grown** on our own farm and/or **Sustainably Wildcrafted** in their natural habitat.

To assure optimal extraction of Blue Vervain's bioactive compounds, the uppermost tops of the plants are hand-harvested only when in full flower, are carefully shade-dried, and are then thoroughly extracted.

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