

PRICKLY ASH

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 to four 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

Prickly Ash Liquid Extract

Ingredients: certified organic alcohol (66-76%), distilled water & Prickly Ash extractives.
GLUTEN-FREE

Dry herb / menstruum ratio: 1 : 4

We prepare our Prickly Ash Extract from the bark of *Zanthoxylum clava-herculis* trees which are **Sustainably Wildcrafted** in their native habitat.

To assure optimal extraction of Prickly Ash's bioactive compounds, the bark is hand-harvested only in the autumn, is carefully shade-dried, and is then thoroughly extracted.

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