

# WITCH HAZEL

OPTIMAL WELL-BEING



HERBAL SUPPLEMENT

1 fluid ounce (29.6 ml)

## Witch Hazel Liquid Extract

Ingredients: certified organic alcohol (40-45%), distilled water, vegetable glycerin & Witch Hazel extractives. **GLUTEN-FREE**

Dry herb / menstruum ratio: 1 : 5

We prepare our Witch Hazel Extract from the leaf & young twigs of *Hamamelis virginiana* shrubs which are **Sustainably Wildcrafted** in their native Appalachian Mountain habitat.

To assure optimal extraction of Witch Hazel's bioactive compounds, the leaves and young twigs are hand-harvested during the summer, are carefully shade-dried to maintain their full color & aroma, and are then thoroughly extracted.

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### 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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