

 *Health & longevity through the healing power of nature—that's what it means to Trust the Leaf.®*

 **Yellow Dock** (*Rumex crispus*) is a traditional herbal bitter historically used by English herbalists.

Questions? Call 1-800-9NATURE or visit naturesway.com. Our Yellow Dock root is carefully grown, tested and produced to certified quality standards.

SATISFACTION GUARANTEED. Freshness & safety sealed with printed outer shrinkwrap and printed inner seal. Do not use if either seal is broken or missing. Keep out of reach of children.

Actual Capsule Size

LN18100.01
(BLK8285)



PREMIUM

**Nature's
Way**

HERBAL

Yellow Dock

Root



**HERBAL
BITTER**

100 Capsules / Certified 500 mg

DIETARY SUPPLEMENT

Recommendation: Take 2 capsules twice daily, preferably with food.

Caution: If you have a history of kidney stones, consult a healthcare professional before using this product.

Supplement Facts

Serving Size 2 Capsules

Servings Per Container 50

Amount Per Serving	% Daily Value	
Total Carbohydrate	<1 g	<1%†
Yellow Dock (root)	1 g (1,000 mg)	**

†Percent Daily Values are based on a 2,000 calorie diet.

**Daily Value not established.

Other ingredients: Gelatin (capsule), Magnesium stearate, Silica

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