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Keep Out of the Reach of Children
Store away from heat & light

Add one full squeeze of the dropper bulb
to 2 oz. of water or juice, two to five times
per day. Best taken between meals.

SUGGESTED USE
SHAKE WELL BEFORE USING

007

fresh leaf
PLANTAIN
CLEANSE & DETOXYFY



HERBAL SUPPLEMENT

1 fluid ounce (30 ml)



Plantain Liquid Extract

Supplement Facts

Serving Size: 0.7 ml

Servings: about 42

Amount Per Serving	% DV
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Plantain leaf (<i>Plantago major</i> &/or <i>lanceolata</i>) [Ⓢ] extract	650 mg [Ⓢ]
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† Daily Value (DV) not established

Ingredients: certified organic cane alcohol
(46-56%). **GLUTEN-FREE**

Ⓢ Certified Organic Ⓢ Fresh (undried)

Ⓢ Equivalent to approx. 700 mg fresh herb.

Fresh herb / menstruum ratio: 1 : 1

We prepare our Plantain Extract from
fresh (undried) leaf of *Plantago major* &/
or *lanceolata* plants which are **Certified
Organically Grown** on our own farm.

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CERTIFIED ORGANIC BY ORGANIC CERTIFIERS