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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.

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

SUGGESTED USE

SHAKE WELL BEFORE USING

WILD YAM

SYSTEM RESTORATION

Musculoskeletal



HERBAL SUPPLEMENT

1 fluid ounce (30 ml)



Wild Yam Liquid Extract

Supplement Facts

Serving Size: 0.7 ml

Servings: about 42

Amount Per Serving	% DV
Wild Yam rhizome (<i>Dioscorea villosa</i>) Ⓢ extract 636 mg Ⓢ	†

† Daily Value (DV) not established

Other Ingredients: certified organic cane alcohol (57-67%) & distilled water. **GLUTEN-FREE**

Ⓢ Certified Organic

Ⓢ Equivalent to approximately 140 mg of herb.

Dry herb / menstruum ratio: 1 : 5

We prepare our Wild Yam Extract from the rhizome of *Dioscorea villosa* vines which are **Certified Organically Grown** especially for us in their natural forest habitat in eastern Kentucky.

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CERTIFIED ORGANIC BY ORGANIC CERTIFIERS