



# SPIKENARD


*Aralia racemosa*



**Balances  
Respiratory System\***

2 fl. oz. (60 mL)  
HERBAL SUPPLEMENT

HERBALIST  
**H&A**  
ALCHEMIST



Suggested use: 30-40 drops  
(1.5-2 mL) in juice or water.  
Take 3 times per day. Shake  
well before using.

## Supplement Facts

Serving size 40 drops (2 mL)  
Servings per container 30

### Amount Per Serving

Fresh Spikenard root ♦  
extract 2 mL†

† Daily value not established.

Other ingredients: Ethyl alcohol ♦,  
distilled water.

Botanical Preparation Ratio 1:2 25  
♦ Certified Organic

Contraindications: Do not use  
during pregnancy unless  
otherwise directed by a qualified  
expert.

KEEP OUT OF CHILDREN'S REACH

**\*This statement has not been  
evaluated by the FDA. This product  
is not intended to diagnose, treat,  
cure or prevent any disease.**

Herbalist & Alchemist, Inc.  
Washington, NJ 07882  
800-611-8235

[www.herbalist-chemist.com](http://www.herbalist-chemist.com)

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