




# PLANTAIN

*Plantago major*

**Promotes Healthy  
Mucous Membrane  
Tissue\***

2 fl. oz. (60 mL)  
HERBAL SUPPLEMENT

HERBALIST  
**H&A**  
ALCHEMIST



Suggested use: 60-100 drops  
(3-5 mL) in juice or water.  
Take 4 times per day. Shake  
well before using.

## Supplement Facts

Serving size 100 drops (5 mL)  
Servings per container 12

### Amount Per Serving

Fresh Plantain leaf ♦  
extract 5 mL†

† Daily value not established.

Other ingredients: Distilled water,  
ethyl alcohol ♦.

Botanical Preparation Ratio 1:2.25  
♦ Certified Organic

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.

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