

SELF HEAL

Prunella vulgaris

Promotes Healthy
Lymphatic Function*

2 fl. oz. (60 mL)

HERBAL SUPPLEMENT

HERBALIST
H&A
ALCHEMIST



Suggested use: 30-60 drops (1.5-3 mL) in juice or water. Take 3 times per day. Shake well before using.

KEEP OUT OF CHILDREN'S REACH

Supplement Facts

Serving size 60 drops (3 mL)
Servings per container 20

Amount Per Serving

Fresh Self Heal flowering
tops ♦ extract 3 mL†

† Daily value not established.

Other ingredients: Distilled water,
ethyl alcohol ♦

Botanical Preparation Ratio 1:3
♦ Certified Organic

*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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