

**DIRECTIONS: FOR ADULTS, TAKE ONE (1) CAPSULE TWICE DAILY, PREFERABLY WITH MEALS.** As a reminder, discuss the supplements and medications you take with your health care providers.

## Supplement Facts

Serving Size 1 Capsule

| Amount Per Serving | %Daily Value |
|--------------------|--------------|
|--------------------|--------------|

|                                              |        |    |
|----------------------------------------------|--------|----|
| Ginger ( <i>Zingiber officinale</i> ) (root) | 550 mg | ** |
|----------------------------------------------|--------|----|

\*\*Daily Value not established.

**Other Ingredients:** Gelatin, Vegetable Magnesium Stearate, Silica.

**Sundown Naturals' Guarantee:** We use only the finest quality herbs and spices. Each is screened and finely milled for quick release.

**Sundown Naturals' preservative-free gelatin capsules** contain pure milled herb powder.

♦ **Sundown Naturals' Natural Whole Herb** products utilize ground plant parts, to provide the natural components in the amounts found in nature.

**WARNING:** If you are pregnant, nursing or taking any medications, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur.

**Sundown**  
*Naturals*

# Ginger Root

**550 MG**

**Natural Whole Herb** ♦

**Promotes Digestive Health\***

**100 CAPSULES**

**HERBAL SUPPLEMENT**

### Smart Facts

Ginger helps alleviate occasional motion sickness and soothes sour stomach.\* In addition, this well-researched herb supports a healthy digestive system.\*

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

KEEP OUT OF REACH OF CHILDREN. STORE IN A DRY PLACE AND AVOID EXCESSIVE HEAT. TAMPER RESISTANT: DO NOT USE IF SEAL UNDER CAP IS BROKEN OR MISSING.



Questions? Call toll free 1-888-VITAHELP (848-2435) or visit us at [www.sundownnaturals.com](http://www.sundownnaturals.com)

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