



Suggested usage: Chew 1 tablet 1–3 times per day or as directed by a health professional.
For anti-nausea use: take a serving 30 minutes before travel and optionally every 4 hours as necessary. **For post-operative nausea:** take 1 hour prior to surgery, or as directed by a health professional. **Menstrual pain/cramping (adults):** Chew 3 tablets daily or as directed by a health professional. Take 2 days before menses and during day 1 to 3 of menses.

Cautions: As with any supplement, consult your health professional before use if you are pregnant, breastfeeding, or trying to conceive, or if you are taking medication, have a medical condition, or anticipate a surgery. Keep out of the reach of children.

Ginger is a traditional herb used in many cultures for thousands of years. It is clinically shown to help prevent nausea and vomiting due to motion and/or seasickness.* Traditionally used as an herbal remedy to help support digestive health and well-being.* Helps prevent nausea and vomiting associated with post-operative nausea.* Helps to relieve the pain associated with menstrual cramping.*

Manufactured by Natural Factors to ensure safety and potency in accordance with Good Manufacturing Practices (GMP) of the FDA and Health Canada.

Contains no artificial colors, preservatives, or sweeteners; no dairy, starch, sugar, wheat, gluten, yeast, soy, corn, egg, fish, shellfish, animal products, salt, tree nuts, or GMOs. Suitable for vegetarians/vegans. Sealed for your protection. Do not use if seal is broken. For freshness, store in a cool, dry place.

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

PRODUCT OF CANADA
 Manufactured by Natural Factors Canada
 Distributed by NATURAL FACTORS
 14224 167th Avenue SE
 Monroe, WA 98272



Recyclable container and label.

Purity & Potency
 Guaranteed

Chewable Ginger

500 mg

90 Chewable Tablets

SOOTHES DIGESTIVE UPSET & PREVENTS NAUSEA*



Supplement Facts

Serving Size 1 Chewable Tablet

	Amount Per Serving	% Daily Value
Calories	5	
Total Carbohydrate	1 g	<1%‡
Organic Ginger Extract (<i>Zingiber officinale</i>) (rhizome) (Equivalent to 500 mg Ginger)	20 mg	**
Gingerols (5%)	1 mg	**
Stevia Leaf Powder	1 mg	**

‡ Percent Daily Values are based on a 2,000 calorie diet.

** Daily Value not established.

Other ingredients: Xylitol, microcrystalline cellulose, hydroxypropylcellulose, magnesium stearate (vegetable grade).

LOT & EXPIRY 1.3125" x .25" Single Line

