



Keep Out of the Reach of Children
Store away from heat & light

Add 1 full squeeze of the dropper bulb
to 2 oz. of water or juice, 2 to 5 times
per day. Best taken between meals.

SHAKE WELL BEFORE USING

SUGGESTED USE

fresh leaf
PLANTAIN
CLEANSE & DETOXYFY*



HERBAL SUPPLEMENT

4 fluid ounces (120 ml)

Plantain Liquid Extract

Supplement Facts

Serving Size: 0.7 ml

Servings: about 168

Amount Per Serving

% DV

Plantain leaf

†

(*Plantago major* &/or *lanceolata*) Ⓢ Ⓢ extract 650 mg Ⓢ

† Daily Value (DV) not established

Other Ingredients: certified organic cane alcohol
(46-56%). **Non-GMO & Gluten-Free**

Ⓢ Certified Organic Ⓢ Fresh (undried)

Ⓢ Extraction rate 700 mg fresh herb per 0.7 ml.

Fresh herb / menstruum ratio: 1 : 1

We prepare our Plantain Extract from fresh
(undried) leaf of *Plantago major* &/or *lanceolata*
plants which are **certified organically grown** on
our own farm.

HERB PHARM • WILLIAMS, OR 97544

800-348-4372 • www.herb-pharm.com

Certified organic by Organic Certifiers

***THIS STATEMENT HAS NOT BEEN EVALUATED BY THE FDA. THIS PRODUCT
IS NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT ANY DISEASE.**