## Adult Suggested Use:

During the last 5 weeks of pregnancy:

Week 1: 1/4 tsp. in water 2 times daily.

Weeks 2-5: 1/4 tsp. in water 3 times daily.

"If you are pregnant, nursing, have a medical condition, or are taking a prescription, consult your health care provider before using this product.

SHAKE WELL

KEEP OUT OF REACH OF CHILDREN

STORE IN A COOL, DRY PLACE OUT OF SUNLIGHT.

These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.

Manufactured and Distributed by: Mountain Meadow Herbs, Inc. P.O. Box 9227 Kalispell, MT 59904 P. (888) 528-8615 F. (209) 671-1921 www.mountainmeadowherbs.com



## Gentle Birth Childbirth Support (Without Red Raspberry)

Supplement Facts Serving Size: 1/4 tsp Servings per Container: 48 %DV Per Serving Proprietary Blend of Extracts 1.25 ml Blessed Thistle herb False Unicorn root Partridge Berry herb Blue Cohosh root Ginger root Skullcap herb Motherwort herb Wild Yam root Bayberry root bark

† Daily Value (DV) not established

2 fluid oz. Herbal Dietary Supplement Other Ingredients: vegetable glycerine, distilled water and approx. 5% grain alcohol.

**Caution:** Do not use with products containing herbs already in this formula. Use with caution in cases of high or low blood pressure.

