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GINGER RELIEF®

Ginger

ROOT

Item No. 5145



550 MG

FOR OCCASIONAL  
NAUSEA\*

NATURAL WHOLE HERB  
Herbal Supplement

100 RAPID RELEASE  
CAPSULES

TO REORDER ITEM # 5145

**DIRECTIONS:** For adults, take (1) one capsule two times daily, preferably with meals.

## Supplement Facts

Serving Size 1 Capsule

Amount Per Serving	%Daily Value
Ginger	550 mg **
<i>(Zingiber officinale) (root)</i>	

\*\*Daily Value not established.

**Other Ingredients:** Gelatin. Contains <2% of: Silica, Vegetable Magnesium Stearate.

Puritan's Pride's preservative-free gelatin capsules contain pure milled herb powder.

Puritan's Pride's Natural Whole Herb products utilize ground plant parts to provide the natural components found in nature.

No Artificial Color, Flavor or Sweetener,  
No Preservatives, No Sugar, No Starch, No Milk,  
No Lactose, No Soy, No Gluten, No Wheat,  
No Yeast, No Fish. Sodium Free.

Puritan's Pride® Premium supplements are produced from the finest raw materials under our stringent quality control standards. Our state-of-the-art manufacturing and packaging facilities insure you the highest quality nutritional supplements money can buy. When it comes to your health...choose the best.

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

**WARNING:** If you are pregnant, nursing, taking any medications or have any medical condition, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur. Keep out of reach of children. Store at room temperature. Do not use if seal under cap is broken or missing.

\*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.

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1-800-645-1030

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Oakdale, NY 11769 U.S.A  
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