

Recommended Dosage: As a dietary supplement, take 1 tablet in the morning and 2 tablets with lunch of WSE a day with a glass of water or juice. For optimum results, use this product with other Wachters' supplements. Do not take this supplement at bedtime as it may effect the sleep cycle.

THIS PRODUCT WAS SEALED FOR YOUR PROTECTION.
DO NOT USE IF SEAL HAS BEEN TAMPERED WITH.

DO NOT USE WSE during pregnancy or while nursing.

DO USE MORE THAN AT 6 week intervals.

Keep out of reach of children.

WSE has been improved as per current studies that show how to help the body with the mid day stress on our systems. The various species of **Ginsengs** have been balanced in this formula and with the addition of **American Ginseng**, they all work in concert with the body to may help boost our immune system, lessen fatigue and help our bodies use the energy we have more effectively. With emphasis on **vitamin B-12**, Vitamin B12, like the other B vitamins, is important for metabolism. It helps in the formation of red blood cells and in the maintenance of the central nervous system. Added to this formula is **Vitamins B-6, B-3 and B-5** coupled with **Green Tea Extract, Ashwaganda, Ginkgo Biloba Extract** and other botanicals may help us use our stamina to our fullest extent. The Wachters' Exclusive Blend of Sea Vegetation® is the key ingredient that makes this formula unique.*



*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.

Wachters' Organic Sea Products' dietary supplements contain no preservatives, yeast, artificial colorings, artificial flavorings, sugar, starch or animal products. No heat, moisture or chemicals are used in preparation of WSE.

WACHTERS'



Herb-A-Sea™

NON-GMO

WSE
Southing Lightening
Dietary Supplement
90 Tablets

Supplement Facts

Serving Size: 3 Tablets
Servings Per Container: 30

	Amount Per Serving	% Daily Value
Vitamin B-3	60 mg	250%
Vitamin B-6 (as pyridoxine hydrochloride)	350 mg	1250%
Vitamin B-12 (as cyanocobalamin)	225 mcg	250%
Pantothenic Acid (as d-calcium pantothenate)	6 mg	350%
Chromium Complex (as chromium complex TM) *	225 mcg	100%
Proprietary Blend consisting of:	1650 mg	*
Ginseng (Biloba Standardized Extract (Ginkgo biloba))		
Panax Ginseng (Panax ginseng)		
Eleuther Root (Eleutherococcus senticosus)		
American Ginseng (Panax quinquefolius)		
Ashwaganda Root Extract (Withania somnifera)		
Astragalus Root (Astragalus membranaceus)		
Green Tea Standardized Extract (Camellia sinensis)		
Noble Leaf (Arctostaphylos)		
Wachters' Exclusive Blend of Sea Vegetation®		
L-Threonine		
Chlorophyll		

* Daily Value not established

"Wachters' Exclusive Blend of Sea Vegetation"® is a registered trademark of Wachters' Organic Sea Products and is an exclusive combination of multi-marine plant sources.

* Chromium Complex TM is a proprietary blend of chromium (as nicotinate, picolinate +, amino acid chelate, aspartate, polynicotinate)

+ Chromium Picolinate U.S. Patent No. Re: 33,968 by Nutrition 21

Manufactured By Wachters' Organic Sea Products

550 Sylvan Street, Daly City, CA 94014

To report a serious adverse event or obtain product information,
call 1-800-682-7100 • www.wachters.com

Made in U.S.A
Code #4321