

# PLANETARY<sup>®</sup>

## HERBALS

# AVENA SATIVA OAT COMPLEX™ FOR MEN

BOTANICAL SUPPORT FOR THE PROSTATE\*

480 MG • 200 TABLETS

### HERBAL SUPPLEMENT

Formulated by  
Michael Tierra L.Ac, O.M.D.

*Michael Tierra*

### Supplement Facts

Serving Size 2 Tablets

Servings Per Container 100

|                                                                                                                                                                                                          | Amount Per Serving | %DV |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------|-----|
| Calcium                                                                                                                                                                                                  | 73 mg              | 7%  |
| Sodium                                                                                                                                                                                                   | 5 mg               | <1% |
| Avena sativa (Oat) Tops Extract                                                                                                                                                                          | 500 mg             | †   |
| Saw Palmetto Berry                                                                                                                                                                                       | 100 mg             | †   |
| Damiana Aerial Parts                                                                                                                                                                                     | 100 mg             | †   |
| Proprietary Blend:                                                                                                                                                                                       | 260 mg             | †   |
| Stinging Nettle Root Extract, Epimedium Aerial Parts, Sarsaparilla Root, Rosehip Fruit, Asian Ginseng Root Extract, Cassia Bark, and Ginkgo Leaf Extract (24% flavone glycosides & 6% terpene lactones). |                    |     |
| †Daily Value not established.                                                                                                                                                                            |                    |     |

Other ingredients: dibasic calcium phosphate, sorbitol, stearic acid, silica, modified cellulose gum, and magnesium stearate.

**Directions:** 2 tablets three times daily between meals. Do not take before bedtime.

Do not use if either tamper-evident seal is broken or missing. Keep out of the reach of children.

Throughout the centuries, oats (*Avena sativa*) have been considered one of the most nourishing tonics for general weakness and men's health. Planetary Herbals **AVENA SATIVA OAT COMPLEX™** combines highly concentrated oat and nettle root extracts and whole saw palmetto berries with some of the most respected Western and Chinese tonics for men, including damiana and ginseng, to support a healthy prostate.\*

**NOTE:** If you are pregnant, may become pregnant, or breastfeeding, consult your health care professional before using this product.

STORE IN A COOL, DRY PLACE.

\*These statements have 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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Manufactured for:  
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