

Suggested Use

Adults take 30-50 drops of extract in a small amount of water 3-4 times daily between meals.

Shake well before using. Not to be used during pregnancy or lactation. If you have a medical condition or take medications, please consult with your doctor before use.

Keep away from children.
Use only as directed on label.

Safety sealed for your protection.

GaiaHerbs.com

**CERTIFIED
ORGANIC**

Wild Oats Milky Seed

500 mg/ml herb equivalency

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ORGANICS



DIETARY SUPPLEMENT 1 FL OZ (30ML)

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Supplement Facts

Serving Size 50 Drops (1.67 ml)

Servings Per Container About 18

Amount Per Serving

Oats milky seed fresh 1.67 ml†
extract ▲ (*Avena sativa*)

Herb Strength Ratio 1:2

†Daily Value not established

Other ingredients: Organic alcohol USP (40-50%) and water.

▲=Certified Organic Ingredient

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