

Bentonite Clay is harvested from naturally occurring volcanic ash mined in the United States. The powder is used both externally & internally. Bentonite can also be used in natural hair and skin care formulas.

Directions: Mix $\frac{1}{2}$ - 1 tsp in 8 oz water; shake well. Use as needed. Bentonite should be taken at least 2 hours apart from medications and other supplements due to its absorbent properties. Take this product with at least 8 oz of liquid.

Caution: We recommend that you consult with a qualified healthcare practitioner before using herbal products, especially if you are pregnant, nursing, or taking any medications.