

# Supplement Facts

Serving Size: 1 Veg Capsule

Servings per Container: 60

	Amount per serving	% Daily Value
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Pennyroyal (herb)	500 mg.	†
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\* Percent Daily Values are based on 2,000 calorie diet.

† Daily value not established

**Other Ingredients:** Plant Cellulose (Capsule)

**Suggested Use:** As an addition to the diet, take 1 or 2 capsules, three times daily with water at mealtime.

Keep in a cool dry place with cap tightly closed.

**Caution:** Not to be used during pregnancy. Consult your healthcare practitioner before using, especially if you are nursing, or taking any medications.

**Double Safety Sealed:** Do not accept if either tear band on cap or inner freshness seal is damaged or missing.

**Pennyroyal Herb** is an aromatic plant that is found in western, southern and central Europe. This member of the Mint family soothes the stomach, and promotes healthy digestion. Various preparations of the dried herb have been used to support a healthy female cycle, and to support both digestive and respiratory functions.\*

## Common uses include:

- Promotes healthy digestion\*
- Supports a healthy female cycle, eases cramps, and calms the nerves\*
- Eases intestinal gas and abdominal cramps\*

**Nature's Wonderland® Guarantee:** This product is guaranteed for purity, freshness and labeled potency.

\*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.

