

# Supplement Facts

Serving Size: 1 Vcap®

Servings per Container: 60

	Amount per serving	% Daily Value
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Plantain (leaves) . . . . .	475 mg. . . . .	†
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\* Percent Daily Values are based on 2,000 calorie diet.

† Daily value not established

**Other Ingredients:** Plant Cellulose (Vcaps®)

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

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

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

Keep in a cool dry place with cap tightly closed.

Plantain is a common plant found in Europe and parts of North America. Among herbalists, it is a well-respected respiratory tonic that supports healthy bronchial and lung function, and soothes the mucus tissue in the throat, bronchial and respiratory systems.\*

**Common uses include:**

- Supports lung and respiratory function\*
- Promotes healthy breathing\*
- Soothes mucus tissue in the throat, bronchial and respiratory tracts\*
- Mild herbal astringent\*
- Supports kidney and bladder health\*

**Vcaps®** is a registered trademark of Capsugel.

\*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.

