

Supplement Facts

Serving Size: 1 Vcap®

Servings per Container: 60

	Amount per serving	% Daily Value
--	-----------------------	------------------

Spearmint (leaves)	500 mg.	†
--------------------	---------	---

* 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.

NOTE: Spearmint may suppress milk for nursing mothers.

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.

Spearmint, like other members of the mint family, is widely recognized as a traditional digestive tonic. Spearmint leaves calm upset stomach and promote healthy digestion.*

Common uses include:

- Calms upset stomach and nausea*
- Eases gas and bloating*
- Promotes gentle relaxation*
- Soothing herbal diuretic*
- Supports urinary tract health*
- Supports healthy sinuses*

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.

