

Supplement Facts

Serving Size: 1 Veg Capsule

Servings per Container: 60

	Amount per serving	% Daily Value
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Blue Vervain (herb)	450 mg.	†
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* Percent Daily Values are based on 2,000 calorie diet.

† Daily value not established

Other Ingredients: Plant Cellulose (Vegetable 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.

WARNING: Not to be used during pregnancy.

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.

Blue Vervain is a traditional nervous system tonic that promotes relaxation, helps to ease tension, occasional stress and sleeplessness. This calming botanical also eases premenstrual stress, calms digestive upsets, and promotes head well-being.*

Common uses include:

- Promotes nervous system health*
- Supports calm mood, promotes relaxation*
- Eases irritability, occasional stress, and occasional sleeplessness*
- Soothes digestion and eases cramps*
- Supports liver and gallbladder function*
- Supports upper respiratory health*

*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.

