

**SUGGESTED USE:** As a dietary supplement, take 1 capsule 1 to 4 times daily, preferably with meals. If pregnant, nursing, or taking medications, consult your physician. Take with at least 8 oz of liquid.



*QUESTIONS? CONCERNS? SCAN THIS CODE WITH YOUR PHONE'S CAMERA TO CHAT WITH US ONLINE AND GET 20% COUPON FOR YOUR NEXT AMAZON EARTH BORN ELEMENTS ORDER!*

  
**EARTH BORN**  
ELEMENTS

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# OKRA

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**DIETARY SUPPLEMENT | 200 CAPSULES**

## Supplement Facts

Serving Size: 1 Capsule

Servings Per Container: 200

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Amount Per Serving	% Daily Value
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Abelmoschus esculentus (Fruit)	425 mg**
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\*\*% Daily Value Not Established.

**Other Ingredients:** Gelatin Capsules

DISTRIBUTED BY 9450 SW GEMINI DR #49936  
**EARTH BORN** BEAVERTON, OREGON 97008  
ELEMENTS EARTHBORELEMENTS.COM