

## SUGGESTED USE

SHAKE WELL BEFORE USING

Adults: Add 1 squeeze of the dropper bulb to 60 ml of water or juice, 2 to 5 times per day. Best taken between meals. Do not exceed suggested serving size.

Keep out of the reach of children  
Store away from heat & light

**BEST BEFORE,**  
see bottom of bottle

*Melissa officinalis*

# LEMON BALM

**HARMONY**

**Broad Spectrum**



Let nature be your ally™

HERBAL FOOD SUPPLEMENT

30 ml (1 fluid ounce)



## Supplement Facts

Serving Size: 0.7 ml

Servings: about 42

Amount Per Serving	% NRV
--------------------	-------

<b>Lemon Balm aerial parts</b> ( <i>Melissa officinalis</i> ) <sup>Ⓞ</sup> <sup>ⓕ</sup> extract	675 mg <sup>Ⓞ</sup> †
--	-----------------------

† Nutrient Reference Value (NRV) not established

Other Ingredients: certified organic cane alcohol (45-55%) & certified organic vegetable glycerin.

**Gluten-Free**

- <sup>Ⓞ</sup> Certified Organic Non-UK Agriculture
- <sup>ⓕ</sup> Fresh (undried)
- <sup>ⓔ</sup> Extraction rate 467 mg fresh herb per 0.7 ml.

Fresh herb / menstruum ratio: 1 : 1.5

**IMPORTED BY: BRAND ORGANIC LTD**  
**20-22 WENLOCK ROAD, LONDON N1 7GU**  
**herbpharm.uk**

Certified Organic by Organic Certifiers US-ORG-043

**FOOD SUPPLEMENTS SHOULD NOT BE USED AS A SUBSTITUTE FOR A VARIED AND BALANCED DIET AND A HEALTHY LIFESTYLE.**



001