

100 VEGCAPS  
DIETARY SUPPLEMENT

+ Herbal  
Support†



# TRUE HERBS LEMON BALM

475 mg

**Solaray**<sup>®</sup>  
EST. 1973

Since 1973, we've scoured the globe for the highest quality ingredients, connecting you with the most efficacious supplements that help you live brighter & embrace the moments that matter most.



**WARNING:** Do not use if safety seal is broken or missing. Keep out of reach of children. Keep your licensed health care practitioner informed when using this product.

**Directions:** Use only as directed. Take 1 VegCap daily with a meal or glass of water. Store in a cool, dry place.

## Supplement Facts

Serving Size 1 VegCap

Amount Per Serving	% Daily Value
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Lemon Balm ( <i>Melissa officinalis</i> ) (aerial)	475 mg
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\*Daily Value not established.

**Other Ingredients:** Vegetable Cellulose Capsule, Magnesium Stearate, and Rice Extract Blend.

**Discussion:** Indigenous to the mountain regions of southern Europe, lemon balm is now a common plant found in gardens everywhere. There is an old myth that this fragrant herb attracts honey bees more than other plants, giving it the nickname of "bee balm." The flavorful leaves enjoy culinary appreciation, especially in the form of a refreshing tea. In Medieval times, drinks with lemon balm were thought to comfort the heart and lift the spirits. Today, a variety of uses exist both internally and topically.‡

†These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.

**California Residents Only**

⚠ **WARNING:** Reproductive Harm - [www.P65Warnings.ca.gov](http://www.P65Warnings.ca.gov)

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[www.nutraceutical.com](http://www.nutraceutical.com)

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