



Not only do we make the supplements! We make the supplements BETTER.

WILD LETTUCE EXTRACT,

50 MG

2 OZ



Wild lettuce or *Lactuca virosa* is a medicinal plant that has a beneficial effect on human health. It has strong sedative and analgesic properties, relaxes the nervous system and muscles. Wild lettuce has its healing effect on the body in such cases:

for seizures and spasms
to insomnia
with expressed anxiety
in stress-induced digestive disorder
when coughing

To achieve a positive therapeutic effect, regularly drink tea from this herb.

Wild lettuce well removes muscle pain, menstrual cramps, pains of various origins. It has the analgesic effect of opium drugs, so it is also called opium lettuce, but it is safe and not addictive.

Besides, it's a strong antiseptic. Wild lettuce is a biennial plant. In the first year, he has only one leaf, in the second year he blooms, yellow flowers. For medicinal purposes, its dry leaves are used. Lettuce is collected in July and August. You can also purchase food supplements with wild latus or already dried leaves.

The safe dose is 2-4 ml of tincture three times a day. There is another way to eat it: brew 1-2 teaspoons of dried lettuce leaves in boiling water and boil for 10-15 minutes. Take decoction 3 times a day.

If you use lettuce leaves locally, try it first on a small area of the body to avoid skin irritation as a result. You cannot use wild lettuce leaves if you have glaucoma, enlarged prostate gland, during pregnancy, planned surgery, as well as allergies to ambrosia or other similar plants.

Wild lettuce is one of the most effective analgesic medicinal plants. If it does not grow in your yard, make sure it is always in your first aid kit.

Suggested Use

As a dietary supplement, Use 30 drops in juice or water under the tongue. Maybe taken 3 times daily, or as directed by a health care professional.

KEEP OUT OF REACH OF CHILDREN

WARNING: If you are pregnant, nursing, taking any medications or planning any medical procedure, consult your doctor before use. Discontinue use and consult a doctor if any adverse reactions occur.

*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.



Supplement Facts

Serving Size: Thirty (30) Drops

Amount Per Serving	%DV
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Wild Lettuce Leaf Extract	50 mg †
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† Daily Value Not Established

Other Ingredients: Distilled Water, Grain Ethanol 20%, and Stevia.



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