

## Heal All Leaf

(*Prunella vulgaris*)

Heal All is well known for its support in strengthening and building tissues, both internally and externally. This herb is highly nutritious, with naturally occurring vitamins A, B, C, K, and other antioxidants.

Heal All Leaf is one of the most commonly used herbs throughout the world, and has been used for centuries as a potherb (cooked in a pot for eating and for drinking as a tea), and internally for a wide variety of health needs.

Heal All is a tonic herb to help balance and strengthen general health, stimulate the liver/gallbladder, strengthen the heart and support healthy blood pressure levels, help clear the respiratory system, cool the body, support fluid dynamics, and enhance urination. In Europe Self Heal was primarily used topically, while in Traditional Chinese Medicine (TCM) it was used in liver building and for building cellular integrity. This is truly an herb for all seasons and for all reasons!

Nicolas Culpepper in the 1650's explained the name of Heal All, "Whereby when you are hurt, you may heal yourself...it is an especial herb for inward or outward wounds."\*

**SUGGESTED USE:** 1/8th teaspoon (0.62 ml) 1 to 3 times a day, or as needed. Shake well.

**INGREDIENTS:** Vegetable Glycerin, Purified Water, Heal All Leaf (*Prunella vulgaris*).

**BODY SYSTEM:** General



\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent disease.

Cedar Bear, Liquid Herbal Supplements

Contact us at:

1-888-854-3727

sales@cedarbear.com

www.cedarbear.com

1407 E. Highway 40/P.O. Box 158

Roosevelt, Utah 84066

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### Herbs For Your Health

Cedar Bear uses only whole plant parts, Kosher certified vegetable glycerin, and purified water. That's it! Nothing added, nothing taken away. Each herb is put through our proprietary multi-step process so the health benefits that Nature provided the herb with are fully intact. Build, balance, and support your health with Cedar Bear's herbs as the number one choice in your home.

- Tastes Great!
- Manufactured in USA
- NO Alcohol is Ever Used
- NO Preservatives
- NO Refrigeration Needed