

QUICK REFERENCE SHEET

PN

(Formerly Pain)

Cayenne, St. John's Wort, Valerian, Wild Lettuce



1.00 St. John's Wort
1.00 Valerian
1.00 Wild Lettuce
0.50 Cayenne

Total Herbs 3.5 oz
Tincture Ratio - 1:7

PN relieves pain by calming and quieting irritated nerve endings and by providing the needed nourishment to the nerves. It also promotes restful sleep.

Be aware that Valerian is not suitable for everybody, and should be used with particular caution with children.