



## Damiana Tincture

*Turnera diffusa*  
NPN: 80027985

Size: \_\_\_\_\_  
Lot: \_\_\_\_\_  
Expiry Date: \_\_\_\_\_

### Recommended Use:

Traditionally used in Herbal Medicine as a diuretic. Traditionally used in Herbal Medicine as a mild laxative to help relieve occasional constipation.

### Recommended dose (adults):

Take 1 tsp (5ml) twice daily, diluted in hot water before meals, a few hours before or after taking other medications or health products, or as directed by a health care practitioner. Allow at least 6-12 hours for laxative effect to occur.

### Duration of use:

For occasional use only. Consult a health care practitioner for use beyond 7 days.

### Risk information:

#### Cautions and Warnings:

Consult a health care practitioner if symptoms persist or worsen. Consult a health care practitioner prior to use if you are pregnant or breastfeeding. Consult a health care practitioner prior to use if you have a history of mental/neurological conditions, hormone sensitive conditions, fecal impaction or symptoms such as abdominal pain, nausea, vomiting or fever, kidney or heart disorder, or if you are taking other medications.

#### Contra-indications:

Do not use if you have intestinal disorders, abdominal pain of unknown origin, or severe dehydration.

#### Medicinal ingredients: Each 1 Tsp contains:

*Turnera diffusa* (Damiana) extract 1:3; 60% ethanol equivalent to 1.667g of leaf.

#### Non-medicinal ingredients:

Water, Ethanol.

Store at room temperature away from sunlight and heat. Keep out of reach of children. Do not use if seal is broken.

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