How to Print

Trust The Leaf™

Blessed Thistle

Latin Name
Cnicus benedictus

Common Name
Holy or Sacred Thistle

Description
Encapsulated Blessed Thistle herb certified organically grown by Trout Lake Farm, Washington.

Usage
Historically used as a supplement for nursing mothers. Blessed Thistle is included in European tonics. Used as a healing agent in religious monasteries during the middle ages*

Recommended Daily Dosage
Take one to two capsules three times daily at mealtimes with water or prepared as a tea.



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The following list is for serving size of 2 capsules

Primary Ingredients	***Amount***	***USRDA***
Blessed Thistle	750 mg	0%

Other Ingredients
Gelatin

Sizes & Suggested Retail Price
100 capsules - $8.49

Where to BUY?

Synergistic Products
Cayenne
Fenugreek
Hyssop
Nettle

Quality Issues
Nature's Way Blessed Thistle Certified Organically Processed by Oregon Tilth. Exceeds California Health & Safety Code 26569.11.

Usage Warnings

Do not use during pregnancy.

Should be avoided by those suffering from stomach ulcers.

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.