


# Motion Mate®, 100 Capsules

487 mg

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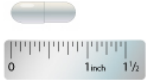
Motion Mate® formula contains Ginger, an aromatic herb that eases stomach discomfort associated with traveling.*

**Dosage**
Take 3 capsules two to four times daily as needed.

**Dosage Form**




**Precautions**
If you are pregnant or have gallstones consult a healthcare professional before using this product.

## Supplement Facts

Serving Size 3 Capsules

| Amount Per Serving | | % Daily Value |
|---|---|---|
| Calories | 5 | |
| Total Carbohydrate | 1 g | < 1%† |
| Proprietary Blend | 1.46 g (1,461 mg) | |
| Ginger (root) | | ** |
| Meadow Sweet (stem, leaf) | | ** |
| Peppermint (leaf) | | ** |
| Red Raspberry (leaf) | | ** |
| Hyssop (leaf, flowering top) | | ** |

**†Percent Daily Values are based on a 2,000 calorie diet.**

****Daily Value not established.**

Other ingredients: Gelatin (capsule), Magnesium stearate, Millet

*This statement has not been evaluated by the Food and Drug Administration. This