

**Directions For Use:** 1-3 ml in 2 oz. water 2-3x/day.

**Storage:** Store away from heat and light.

# Catnip

*Nepeta cataria*

TINCTURE

## Tincture

### Supplement Facts

Serving Size: 2 ml

Servings: About 48

Amount Per Serving

% DV

**Sida Acuta extract 2 mL**

†

Nepeta cataria aerial parts (dried)

† Daily Value (DV) not established.

**E** Extraction rate: 400 mg herb per 2 ml.  
Dry herb / menstruum ratio: 1 : 5

Other ingredients: certified organic cane alcohol (55%) **Gluten Free**

**Lot#:**

 Bloom & Reveal  
BOTANICALS

**Bloom & Reveal Botanicals • Kingston, NY 12401**  
**845-687-6211 • [www.bloomreveal.com](http://www.bloomreveal.com)**

\*THIS STATEMENT HAS NOT BEEN EVALUATED BY THE FDA. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT ANY DISEASE.

4 oz