



# Alfalfa Leaf

*Nature's Harmony® Alfalfa Leaf is a convenient and effective herbal remedy that helps to stimulate appetite. It is beneficial to those who are unable to maintain caloric requirements due to poor appetite.*

PRODUCT CODE: 400808

## HEALTH SOLUTIONS:

RECOMMENDED USE	DOSAGE FORM	RECOMMENDATIONS
Traditionally used in Herbal Medicine as a nutritive tonic.	Capsules	Adults take 6 capsules three times daily. Consult a health care practitioner for prolonged use.

## DESCRIPTION:

Each capsule of Nature's Harmony® Alfalfa Leaf contains 500 mg of alfalfa (*Medicago sativa*) leaf. Alfalfa has been used traditionally in the treatment of dyspepsia, as a digestive tonic and appetite stimulant, and for the relief of arthritic pain. This product is free of corn, dairy, egg, gluten, shellfish, soy, sulfites, and artificial colours, flavours, and preservatives.

**Recommended Daily Allowance:** N/A

**Food Sources:** N/A

**Causes of Deficiency:** Appetite loss can be caused by conditions such as cancer and depression, and it is also a side effect of many medications. Dyspepsia (indigestion) can be caused by poor diet, overeating, and lack of exercise.

**Symptoms of Deficiency:** Appetite loss, indigestion, inflammation.

**Complementary Nutrients:** Healthful diet and lifestyle.

## HOW IT WORKS:

Alfalfa Leaf is a nutrient-dense herb that is high in protein and contains folic acid and vitamins A, B1, B6, C, E, and K, along with the minerals calcium, potassium, phosphorus, iron, and zinc. Because of this extremely high nutritive value, and because it is easily digested, alfalfa rejuvenates the whole system, stimulating appetite and promoting efficient digestion. Other beneficial effects of this herb include the relief of dyspepsia (indigestion) and arthritic pain.



## DID YOU KNOW...

*The name Alfalfa is derived from an Arabic word meaning "Father of all foods."*

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## RESEARCH:

Extensive research has been done on the nutritional content of alfalfa, and it has been found to be of extremely high nutritive value.

## SIDE EFFECTS:

Alfalfa is well tolerated by most individuals, and there are no side effects when used in the recommended doses.




## INTERACTIONS AND SAFETY CONSIDERATIONS:

Consult a health care practitioner prior to use if you are taking blood thinners or birth control medication, or if you are undergoing hormone replacement therapy. When taking this herb, avoid prolonged exposure to sources of ultraviolet radiation, such as sunlight and tanning devices. Do not use if you have a history of systemic lupus erythematosus or if you are taking corticosteroids or cyclosporine.

## OTHER CONSIDERATIONS:

Do not use if you are pregnant or breastfeeding. Keep out of reach of children.

## LABEL:

 <p><b>Feuille de luzerne</b> 500 mg Tonique nutritif traditionnel</p> <p>60 capsules NPN 80005440</p>	<p><b>Usage recommandé:</b> Utilisé traditionnellement en phytothérapie comme tonique nutritif. <b>Dose recommandée (adultes):</b> Prendre 6 capsules, trois fois par jour. <b>Ingédient médicamenteux:</b> Chaque capsule contient: Parties aériennes de luzerne (<i>Medicago sativa</i> L.).....500 mg <b>Ingédients non médicamenteux:</b> stéarate de magnésium, dioxyde de silicium, gélatine. <b>Information sur les risques:</b> Ne pas utiliser si vous êtes enceinte ou allaitante, ou si vous avez des antécédents de lupus érythémateux systémique. Consulter un praticien de soins de santé avant d'en faire l'usage si vous prenez des anticoagulants, suivez une hormonothérapie de remplacement (HTR) ou si vous prenez des contraceptifs oraux. Ce produit ne contient pas de maïs, ingrédients laitiers, œuf, gluten, crustacés, soya, sulfites ou colorant, arôme ou agents de conservation artificiels.</p> <p><b>Recommended Use:</b> Traditionally used in Herbal Medicine as a nutritive tonic. <b>Recommended Dose (Adults):</b> Take 6 capsules three times daily. <b>Medicinal Ingredient:</b> Each capsule contains: Alfalfa (<i>Medicago sativa</i> L.) aerial parts.....500 mg <b>Non-medicinal Ingredients:</b> Magnesium stearate, silicon dioxide, gelatin. <b>Risk Information:</b> Do not use if you are pregnant or breastfeeding or have a history of systemic lupus erythematosus. Consult a health care practitioner prior to use if you are taking blood thinners, undergoing hormone replacement therapy (HRT) or taking birth control medication. This product does not contain corn, dairy, egg, gluten, shellfish, soy, sulfites or artificial colours, flavours or preservatives.</p> <p>RANGER DANS UN ENDROIT FRAIS ET SEC. TENIR HORS DE PORTÉE DES ENFANTS.</p> <p>STORE IN A COOL, DRY PLACE. KEEP OUT OF REACH OF CHILDREN.</p>	 <p><b>Alfalfa Leaf</b> 500 mg Traditional Nutritive Tonic</p> <p>60 Capsules NPN 80005440</p>	<p>Actual Size Grandeur réelle</p> <p>DO NOT USE IF SEAL UNDER CAP IS BROKEN. NE PAS UTILISER SI L'OPERCULE INTERIEUR EST BRISÉ.</p> <p><a href="http://www.naturesharmony.com">www.naturesharmony.com</a> 1-877-929-2548</p> <p>SunOpta Inc. 6 Commerce Crescent Acton, ON L7J 2K3 A Proud Canadian Company Une compagnie canadienne fière de l'être.</p> <p>400000 01 0020</p> <p>F.P.O. - 80% UPC CODE TO BE: 0 63047 00008 8</p>  <p>0 00000 00000 0</p>
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