



NATURE'S SUNSHINE

# Catnip

GOOD FOR

Nervous System

Immune System

SIZE **100 Capsules**ITEM # **180**SERVING **2**SUPPLY **16 days**

DIRECTIONS FOR USE Take 2 capsules with a meal three times daily.

## — How the Key Ingredients Work

Catnip has been treasured for centuries as a gentle, plant-based herb from the mint family. This formula brings you the time-honored goodness of *Nepeta cataria* in a simple, easy-to-use supplement designed to support everyday comfort and well-being.

**Catnip (*Nepeta cataria* L.)** — A beloved perennial herb from the mint family, catnip has been used for generations across Europe, the Middle East, and Central Asia. Its naturally occurring plant compounds make it a go-to choice for those looking to support a sense of calm and overall daily wellness in a gentle, plant-powered way.