

Suggested Use

Take 1 capsule 2 times daily between meals.
Suggested maximum time of use 2-4 weeks or as recommended by your health care practitioner.

Not to be used during pregnancy or lactation.
If you have a medical condition or take pharmaceutical drugs, please consult with your doctor before using this product. Keep away from children. Use only as directed on label. Safety sealed for your protection. Keep bottle capped at all times and store in a cool dry place. Natural separation may occur. This does not affect product quality.

The Gaia Difference



High potency, easy absorption
Alcohol-free, Liquid Phyto-Caps™
U.S. Patent No. 6,238,696 B1



**100% vegetarian, dairy free,
no gluten-containing ingredients**
Plant-derived capsule



Laboratory tested for purity
Free of heavy-metal toxicity

Oregano

gaia®
HERBS

Single Herbs

Oil of Oregano

Supports a healthy
immune response*

meetyourherbs™

Enter ID # at GaiaHerbs.com



DIETARY SUPPLEMENT
VEGETARIAN LIQUID PHYTO-CAPS™

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Supplement Facts

Daily Serving Size 2 Capsules
Servings Per Container 30

AMOUNT PER 2 CAPSULES

Calories 14

TOTAL ALCOHOL FREE EXTRACT 460mg†

Oregano herb, (Mediterranean) Supercritical CO₂
Extract (*Origanum vulgare*) †

VALIDATED FULL SPECTRUM PROFILE

Carvacrol and Thymol 64 mg†

†Daily Value not established.

Other ingredients: Soy lecithin, vegetable
cellulose (capsule)

† = Ecologically Harvested

Each 2 capsules contain 4,600 mg dry herb equivalent.



gaia®
HERBS

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*This statement has not been evaluated by the Food and Drug Administration.
This product is not intended to diagnose, treat, cure, or prevent any disease.