



SystemSupport™

SleepThru™

Supports restful sleep*

SystemSupport™

Addressing the root cause of a systemic imbalance can restore your vitality. Gaia Herbs' SystemSupport™ products help naturally restore your body's harmony and balance.

SleepThru™

Getting a complete night's sleep is essential to overall health. SleepThru™ is a unique blend of herbs that supports restful sleep and healthy adrenal function.* When the body's stress pathways are naturally supported, one can rest more easily and consistently.* This formula promotes restorative sleep all night long, allowing you to feel refreshed upon waking.*

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
Easily digestible plant-derived capsule



Laboratory tested for purity
Free of heavy-metal toxicity



SystemSupport™

SleepThru™

Supports restful sleep*

Promotes cortisol balance*
Magnolia & Ashwagandha extracts

Supports normal waking energy*
Ashwagandha & Jujube date

meet your herbs®
SEE BACK OF BOX TO LEARN HOW

60 DIETARY SUPPLEMENT
VEGETARIAN LIQUID PHYTO-CAPS™

Wake up
during
the night?

Suggested Use

Take 2 capsules 30 minutes before bed. For additional support, drink *Sleep & Relax Herbal Tea* in the evening.

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.

Each 2 capsules contain 2,448 mg dry herb equivalent.

Supplement Facts

Serving Size 2 Capsules

Servings Per Container 30

AMOUNT PER 2 CAPSULES

Calories 20

TOTAL ALCOHOL FREE EXTRACTS: 940 mg†

PROPRIETARY SYNERGISTIC EXTRACT BLEND:

Ashwagandha root ▲ (Withania somnifera),
Magnolia bark ◆ (Magnolia officinalis),
Passionflower flowering vine ▲ (Passiflora
incarnata), Jujube date seed ◆ (Ziziphus jujuba)

†Daily Value not established.

Other ingredients:

Vegetable glycerin, capsule (vegetable cellulose)

▲ = Certified Organic Ingredient

◆ = Ecologically Harvested

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HERBS www.gaiaherbs.com

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



GAIA FARM
BREVARD, NC

On-site at Gaia Herbs 250-acre certified organic farm is our 45,000-square-foot certified organic manufacturing facility and analytical laboratory.

Here, we test our herbs' natural chemistry as they grow, allowing us to harvest at peak potency.

meet your herbs®

Track the life story of each herb in your bottle by entering its ID# at GaiaHerbs.com.

PURITY: Trace the origin of each herb back to its source.

INTEGRITY: See analytical results for this product.

POTENCY: Validate each herb's full phytochemical complex.



Gaia Herbs makes conscious choices to keep our planet healthy. This carton is made from 100% recycled paperboard, including at least 35% post consumer material. Our amber glass bottles contain at least 30% recycled content.



BEST BY:

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