

Suggested Use

Take 2-3 capsules 1 hour before bed.
Maximum time of use: one month.

Caution: US FDA advises that a potential risk of rare but severe liver injury may be associated with kava-containing dietary supplements. Do not take if you have or have had liver problems, drink alcohol or take any medications. If you have a medical condition, use under the advice of a health practitioner. Stop use and see a doctor if you develop symptoms that may signal liver problems, including jaundice (yellowing of the skin or whites of the eyes) and brown urine. Other nonspecific symptoms can include nausea, vomiting, light colored stools, unexplained tiredness, weakness, stomach or abdominal pain, and loss of appetite. Not for use by persons under 18 years of age, or by pregnant or breastfeeding women. Not for use with alcoholic beverages. Excessive use, or use with products that cause drowsiness, may impair ability to operate a vehicle or heavy equipment. 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.

Valerian

gaia[®]
HERBS

RapidRelief™

Sound
Sleep®

Aids in falling
asleep quickly*

meetyourherbs®

Enter ID # at GaiaHerbs.com



VEGETARIAN LIQUID PHYTO-CAPS™
DIETARY SUPPLEMENT

Trouble
falling
asleep?

Enter ID# at GaiaHerbs.com BEST BY

Supplement Facts

Serving Size 2 Capsules
Servings Per Container 30

AMOUNT PER 2 CAPSULES

Calories 20

TOTAL ALCOHOL FREE EXTRACTS: 1012 mg†

VALIDATED FULL SPECTRUM PROFILE

Valerian root ▲ (*Valeriana officinalis*) 340 mg†
providing 1.35 mg Valerenic acid derivatives

PROPRIETARY SYNERGISTIC EXTRACT BLEND: 672 mg†

Passionflower flowering vine ▲ (*Passiflora incarnata*), Kava Kava root + (*Piper methysticum*), American Skullcap fresh herb ▲ (*Scutellaria lateriflora*), California Poppy herb and root ▲ (*Eschscholzia californica*), Blue Vervain herb ▲ (*Verbena hastata*), Hops strobile ▲ (*Humulus lupulus*), Gotu Kola leaf ▲ (*Centella asiatica*)

†Daily Value not established

Other ingredients: Vegetable glycerin, capsule (vegetable cellulose)

▲ = Certified Organic Ingredient

+ = Ecologically Harvested

Each 2 capsules contain 1,970 mg dry herb equivalent.

gaia[®]
HERBS

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*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.