

Suggested Use

Adults take 1 capsule 3 times daily between meals.

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. Avoid excessive exposure to UV radiation (e.g. sunlight, tanning) when 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



Liquid 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

St. John's Wort

gaia[®]
HERBS

Single Herbs

St. John's
Wort

Supports
emotional health*
meetyourherbs[®]

Enter ID # at GaiaHerbs.com



VEGETARIAN LIQUID PHYTO-CAPS™
DIETARY SUPPLEMENT

BEST BY

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Supplement Facts

Daily Serving Size 3 Capsules

Servings Per Container 20

AMOUNT PER 3 CAPSULES

Calories 30

TOTAL ALCOHOL FREE EXTRACTS: 1,350 mg†

St. John's Wort flowering tops and buds †
(*Hypericum perforatum*)

VALIDATED FULL SPECTRUM PROFILE

Hypericins 2.7 mg†

†Daily Value not established.

Other ingredients: Vegetable glycerin, capsule
(vegetable cellulose)

† = Ecologically Harvested

Each 3 capsules contain 2,250 mg dry herb equivalent.

gaia[®]
HERBS

Gaia Herbs, Inc.,
101 Gaia Herbs Dr.,
Brevard, NC 28712
GaiaHerbs.com

[004] 1191-0811



*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.