

Suggested Use

Adults take 2 capsules 2 times daily after 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. **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

Rhodiola

gaia[®]
HERBS

DailyWellness™

Stress Response®

Supports a healthy
response to stress*



VEGETARIAN LIQUID PHYTO-CAPS™
DIETARY SUPPLEMENT

BEST BY

Meet your herbs at GaiaHerbs.com

Supplement Facts

Serving Size 2 Capsules
Servings Per Container 15

AMOUNT PER SERVING

Calories 20

Siberian Rhodiola root +
(*Rhodiola rosea*) 120 mg†
(6 mg† Rosavins)

Holy Basil leaf + Supercritical CO₂ Extract
(*Ocimum sanctum*) 50 mg†
(3.86 mg† total Eugenols)

PROPRIETARY EXTRACT BLEND 350 mg†

Ashwagandha root + (*Withania somnifera*),
Holy Basil leaf ▲ (*Ocimum sanctum*), Wild Oats
milky seed fresh ▲ (*Avena sativa*), Schisandra
berry + (*Schisandra chinensis*)

† Daily Value not established

Other ingredients: Vegetable glycerin, capsule (vegetable cellulose)

▲ = Certified Organic Ingredient + = Ecologically Harvested

Each 2 capsules contain 6,400 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.