

Suggested Use

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. 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

Black Cohosh

gaia[®]
HERBS

SystemSupport™

Women's Balance

Optimizes female hormonal balance*

meetyourherbs™

Enter ID # at GaiaHerbs.com



DIETARY SUPPLEMENT
VEGETARIAN LIQUID PHYTO-CAPS™

BEST BY
Enter ID# at GaiaHerbs.com

Supplement Facts

Daily Serving Size 3 Capsules

Servings Per Container 20

AMOUNT PER 3 CAPSULES

Calories 30

TOTAL ALCOHOL FREE EXTRACTS: 1890 mg†

Standardized to 3 mg Triterpene Glycosides from Black Cohosh

PROPRIETARY SYNERGISTIC EXTRACT BLEND:

Black Cohosh root + (Actaea racemosa), Alfalfa leaf ▲ (Medicago sativa), Red Clover blossoms & tops ▲ (Trifolium pratense), Chaste Tree berry ▲ (Vitex agnus-castus), Wild Oats milky fresh seed ▲ (Avena sativa), St. John's Wort flower buds & tops + (Hypericum perforatum), Dandelion root ▲ (Taraxacum officinale), Blue Vervain herb ▲ (Verbena hastata), Dandelion leaf ▲ (Taraxacum officinale), Sage leaf ▲ (Salvia officinalis)

†Daily Value not established.

Other ingredients:

Vegetable glycerin, vegetable cellulose (capsule)

▲ = Certified Organic Ingredient + = Ecologically Harvested

Each 3 capsules contain 3,075 mg crude 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.