

Suggested Use

Adults: 1 teaspoon daily¹

Children age 2-12: 1/2 teaspoon daily¹

For Additional Support

Adults: 1 teaspoon, 2 times daily¹

Children age 2-12: 1/2 teaspoon,
2 times daily¹

Refrigerate after opening.
Shake well before use.

Alcohol free herbal syrup

¹Or as directed by a qualified health care professional.
Not to be used during pregnancy or lactation, if you have a medical
condition or are taking pharmaceutical drugs, please consult
with your health care practitioner before using this product.
Keep out of reach of children. Do not use if safety seal is broken.

BEST BY:

LOT NO:



meetyourherbs[®]

ID# 00077984

Black Elderberry

gaia[®]
HERBS

RapidRelief[™]

Black Elderberry Syrup

meetyourherbs[®]
Enter ID # at GaiaHerbs.com

3 fl. oz. (90ml)
DIETARY SUPPLEMENT

Supplement Facts

Serving Size: 1 teaspoon (5 ml)

Servings per Container: 18

	Amount Per Serving	%Daily Value ^{††}
Calories	18	
Total Carbohydrates	5 g	2%
Sugars	4 g	†
Vitamin C (from Organic Acerola ♦)	13 mg	21%
Organic Black Elderberry ♦ (Sambucus nigra) juice concentrate*	1900 mg	†
Organic Acerola fruit ♦ (Malpighia glabra) extract	148 mg	†

††Percent Daily Values are based on a 2,000 calorie diet.

†Percent Daily Value not established.

Other ingredients: Organic sugar cane, water, lemon juice

♦ = Certified organic according to EU Regulation 2092/91

*Juice concentrate equivalent to 14.5 g (14,500mg) of fresh elderberries

EXP 03/24-0

100 g | 1411-0911

Product of Italy.
Manufactured for
Gaia Herbs by
Aboca S.p.A. - Italy.
Distributed by:

Gaia Herbs, Inc.
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