

Suggested Use

Adults and children over 12 years:
1 teaspoon, 3 times daily**

Children 6-12 years:
1/2 teaspoon, up to 4 times daily**

This liquid may also be dissolved in warm liquids such as water or tea.

**Or as directed by a qualified health care professional.

Handling and Storage: Shake well before use. Crystallization may occur but will not affect the quality of the product. Because this product contains honey it does not need to be refrigerated once opened. To preserve freshness keep tightly sealed in a cool, dry place.

Not for use during pregnancy or lactation. Not for use by children under the age of 6. **Keep away from children.** If you have a medical condition or take medications please consult with your health care practitioner before using this product.

BEST BY:

LOT NO:



meet your herbs®

ID# 00079649

Grindelia

gaia®
HERBS

RapidRelief™

Bronchial Wellness

HERBAL SYRUP

meet your herbs®

Enter ID # at GaiaHerbs.com

5.4 fl oz. (160ml)
DIETARY SUPPLEMENT

Supplement Facts

Serving Size: 1 teaspoon (5 ml)

Servings per Container: 32

	Amount Per Serving	%Daily Value††
Calories	20	
Total Carbohydrates	5 g	1.5 %
Sugars	4 g	†
Plantain leaf ♦ (<i>Plantago lanceolata</i>) freeze-dried extract	35 mg	†
Grindelia flowering tops ♦ (<i>Grindelia robusta</i>) freeze-dried extract	30 mg	†
Proprietary blend	118 mg	†
Plantain leaf ♦ (<i>Plantago lanceolata</i>), hydroalcoholic extract; Helichrysum flowering tops ♦ (<i>Helichrysum</i> spp.), freeze-dried extract; Eucalyptus leaf (<i>Eucalyptus globulus</i>) essential oil; Star Anise seed (<i>Illicium verum</i>) essential oil; Lemon fruit (<i>Citrus x limon</i>) essential oil.		

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

†Percent Daily Value not established.

Other ingredients: Honey, water, and lemon juice.

♦ = Certified organic according to EU Regulation 2092/91

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Gaia Herbs by
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