

RECOMMENDATIONS:

Take 1 capsule 3 times daily between meals or as directed by your health care provider.

Maximum time of use: one month.

Caution: US FDA advises that a potential risk of rare, but severe, liver injury may be associated with kava-containing dietary supplements. Do not take if you have or have had liver problems, drink alcohol or take any medications. If you have a medical condition, use under the advise of a health practitioner. Stop use and see a doctor if you develop symptoms that may signal liver problems, including jaundice (yellowing of the skin or whites of the eyes) and brown urine. Other nonspecific symptoms can include nausea, vomiting, light-colored stools, unexplained tiredness, weakness, stomach or abdominal pain, and loss of appetite. Not for use by persons under 18 years of age, or by pregnant or breastfeeding women. Not for use with alcoholic beverages. Excessive use, or use with products that cause drowsiness, may impair your ability to operate a vehicle or heavy equipment. 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.



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Liquid Phyto-Caps™

Purity. Integrity. Potency.

60 LIQUID-FILLED CAPSULES • 100% VEGETARIAN

A DIETARY SUPPLEMENT

Supplement Facts

Daily Serving Size 3 Capsules

Servings Per Container 20

AMOUNT PER 3 CAPSULES

Calories 30

TOTAL ALCOHOL FREE EXTRACTS: 1080 mg†

PROPRIETARY SYNERGISTIC EXTRACT BLEND

American Skullcap herb fresh ▲ (*Scutellaria lateriflora*),
Passionflower flowering vine ▲ (*Passiflora incarnata*),
Kava Kava root + (*Piper methysticum*), Wild Oats milky
seed fresh ▲ (*Avena sativa*), Chamomile flowers ▲
(*Matricaria recutita*), Mugwort herb ▲ (*Artemisia
vulgaris*), Hops strobiles ▲ (*Humulus lupulus*),
Peppermint leaf ▲ (*Mentha piperita*)

†Daily Value not established.

Other ingredients: Vegetable glycerin, capsule (vegetable cellulose)

▲ = Certified Organic Ingredient + = Ecologically Harvested

Each 3 capsules contain 3,437 mg herb equivalent

Gaia Herbs Liquid Phyto-Caps™ U.S. Patent No. 6,238,696 B1

Contains no animal
by-products and no gelatin

Tested **FREE** of
Heavy Metal Toxicity

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