

## Suggested Use

Take 30-40 drops of extract in a small amount of water 3-4 times daily between meals.

Shake well before using. Not to be used during pregnancy or lactation. If you have a medical condition or take pharmaceutical drugs, please consult with your doctor before use.

Keep away from children. Use only as directed on label. Safety sealed for your protection.

[GaiaHerbs.com](http://GaiaHerbs.com)

## Liquid Herbal Extract

CERTIFIED ORGANIC

# Lemon Balm Herb

333 mg/ml herb equivalency

gaia<sup>®</sup>  
ORGANICS



DIETARY SUPPLEMENT 1 FL OZ (30ML)

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## Supplement Facts

Serving Size 30 Drops (1 ml)

Servings Per Container 30

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### AMOUNT PER SERVING

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#### EXTRACT †

Organic Lemon Balm herb  
*(Melissa officinalis)*  
in Organic Grain Alcohol USP  
(50-60%) and Water

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MINIMUM DRY HERB STRENGTH RATIO: 1:3

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†Daily Value not established.

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