

Suggested Use

Adults: 1 teaspoon, within one hour before bedtime*

Children age 2-12: ½ teaspoon, within one hour before bedtime*

Refrigerate after opening. Shake well before use. Alcohol free herbal syrup.

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

Not to be used during pregnancy or lactation, if you have a medical condition or are taking medications please consult with your health care provider before using this product. **Keep out of reach of children.** Do not use if safety seal is broken.

meet your herbs®

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oz.

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FPB®

gaia
HERBS



RapidRelief™

Black
Elderberry
NightTime
Syrup

meet your herbs®
Enter ID # at GaiaHerbs.com

5.4 fl oz. (160ml) DIETARY SUPPLEMENT

Black Elderberry

Supplement Facts

Serving Size: 1 teaspoon (5 ml)
Servings per Container: 32

	Amount Per Serving	%Daily Value
Calories		20
Total Carbohydrates	4 g	1%*
Sugars	4 g	†
Vitamin C (from Acerola) ▲	13 mg	21%
Black Elderberry ▲	1,903 mg	†
Sweetest ripe fruit juice concentrate		
Acerola fruit ▲	147 mg	†
Phytolacca glauca dried extract		
Proprietary Blend	184 mg	†
Free-dried extract of Lemon Balm leaf ▲ (Mentha officinalis), Free-dried extract of Graveland Poppy stem ▲ (Papaver rhoeas), Free-dried extract of California Poppy leaf ▲ (Eschscholzia californica)		

*Percent Daily Values are based on a 2,000 calorie diet.
†Daily Value not established.

Other Ingredients: Organic sucrapane, water, lemon fruit juice, sunbath gum. ▲ = Certified Organic Ingredient. Distributed by: Gaia Herbs, Inc. 101 Gaia Herbs Dr., Brevard, NC 28712. Certified by Oregon Tilth. Manufactured for Gaia Herbs by Aboca S.p.A. - Italy. Product of Italy.

Each serving contains
the equivalent of
14.5 g (14,500mg)
of fresh Elderberries

Elderberry Field

Black Elderberry NightTime Syrup



CALIFORNIA POPPY

For centuries Black Elderberries have been recognized for supporting the immune system.*

Gaia Herbs' best-selling Black Elderberry

NightTime Syrup super-concentrates the juice from 14.5 grams of organic Elderberries into a single teaspoon. Another important aspect of optimal health is restful sleep. Black Elderberry NightTime Syrup contains the organic herbs Lemon Balm and California Poppy to gently support a good night's rest.* Your Black Elderberry NightTime Syrup also contains organic Acerola Cherry fruit extract, making it a delicious and rich source of Vitamin C.*

A partnership of mutual beliefs

Black Elderberry NightTime Syrup is produced in Tuscany, Italy by Aboca, the herbal supplement leader in more than 25,000 European pharmacies and health food stores since 1978. Gaia Herbs' partnership with Aboca is born from a mutual belief in sustainable product development, dedication to quality, and a deep respect for science and nature working in harmony.

Aboca

gaia
HERBS

RapidRelief™

Black
Elderberry
NightTime
Syrup

For immune support
& restful sleep*

Rich in Whole Food
Vitamin C

Gentle, herbal support
for restful sleep*

meet your herbs®
SEE BACK OF BOX TO LEARN HOW

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PRODUCT OF ITALY

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*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.