

Suggested Use

Adults take 3 capsules after the evening meal.

Not to be used during pregnancy or lactation. If you have a medical condition or take medications, please consult with your doctor before using this product. **Keep away from children.** 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.

The Gaia Difference

-  Liquid potency, easy absorption
Alcohol-free Liquid Phyto-Caps®
U.S. Patent No. 6,238,696 B1
-  100% vegan and gluten-free
Plant-derived capsule
-  Laboratory-tested for purity
Free of heavy metal toxicity

gaia
HERBS

Single Herbs

Milk Thistle Seed

Supports healthy
liver function*

meet your herbs®

Enter ID # at GaiaHerbs.com

 VEGAN LIQUID PHYTO-CAPS®
DIETARY SUPPLEMENT

BEST BY
Enter ID# at GaiaHerbs.com

Supplement Facts

Serving Size 3 Capsules
Servings Per Container 20

Amount Per Serving

Calories	15
Milk Thistle seed extract †	600 mg†
(Silybum marianum)	
(270 mg† Silymarins from Milk Thistle seed)	

† Daily Value not established

Other ingredients: Vegetable glycerin, lecithin (non-GMO), capsule (chlorophyll vegetable cellulose) and water

† = Ecologically harvested

Gaia Herbs, Inc. GaiaHerbs.com
101 Gaia Herbs Drive, Brevard, NC 28712

Each 3 capsules contain 32,400 mg crude herb equivalent.



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

[008] 973-1117



Gaia Herbs makes conscious choices to keep our planet healthy. This carton is made from 100% recycled paperboard, including at least 35% post-consumer material. Our amber glass bottles contain at least 30% recycled content.



Single Herbs

Individual herbs in their vibrant, natural form support each person uniquely.* Gaia Herbs single herbs contain concentrated extracts of an individual herb, to deliver nature's vitality to you.*

Milk Thistle Seed

Multiple studies suggest that Milk Thistle supports healthy liver function.* Gaia Herbs concentrates its *Milk Thistle Seed* extract under low temperature and low pressure to preserve the important phytochemical Silymarin. This constituent promotes healthy liver cell production and cholesterol metabolism in individuals with already normal cholesterol levels.*

The Gaia Difference

-  Liquid potency, easy absorption
Alcohol-free Liquid Phyto-Caps®
U.S. Patent No. 6,238,696 B1
-  100% vegan and gluten-free
Easily digestible plant-derived capsule
-  Laboratory-tested for purity
Free of heavy metal toxicity

gaia
HERBS

Single Herbs

Milk Thistle Seed

Supports healthy
liver function*

Aids in detoxification*
Total Silymarins: 270 mg

meet your herbs®
SEE BACK OF BOX TO LEARN HOW

 VEGAN LIQUID PHYTO-CAPS®
DIETARY SUPPLEMENT

Supplement Facts

Serving Size 3 Capsules
Servings Per Container 20

Amount Per Serving

Calories	15
Milk Thistle seed extract †	600 mg†
(Silybum marianum)	
(270 mg† Silymarins from Milk Thistle seed)	

† Daily Value not established

Other ingredients: Vegetable glycerin, lecithin (non-GMO), capsule (chlorophyll vegetable cellulose) and water

† = Ecologically harvested

Gaia Herbs, Inc. GaiaHerbs.com
101 Gaia Herbs Drive, Brevard, NC 28712

Each 3 capsules contain 32,400 mg dry herb equivalent.

Suggested Use

Adults take 3 capsules after the evening meal.

Not to be used during pregnancy or lactation. If you have a medical condition or take medications, please consult with your doctor before using this product. **Keep away from children.** 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.

*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.

meet your herbs®

Meet Your Herbs® is the world's first traceability program for therapeutic herbal supplements. Ensure the safety and efficacy of this product while tracking the Seed-to-Shelf story of each herb in your bottle by entering its ID# at GaiaHerbs.com.

PURITY: Trace the origin of each herbal ingredient—where and how it was grown.

INTEGRITY: View the Certificate of Compliance and Test Results for this product.

POTENCY: See validation of each herb's full phytochemical complex.

Obtain the proof of the safety and efficacy of your product now!

View our *Mission. Vision. Values.* video and photos from our certified organic farm at GaiaHerbs.com/Mission

Gaia Farm, North Carolina