Suggested Use

Adults take 3 capsules after the evening meal.

Not to be used during pregnancy or lactation.

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. Safetysealed 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



Laboratory-tested for purity
Free of heavy metal toxicity



Single Herbs

Milk Thistle Seed

Supports healthy liver function*

meetyourherbs

₹60 VEGAN LIQUID PHYTO-CAPS®

Supplement Facts
Serving Size 3 Capsules
Servings Per Container 20
Amount Per Serving
Calories 15
Milk Thistle seed extract + 600 mgt
ISiybum marianum)
1270 mgt Silymarins from Milk Thistle seed)

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

+ = Ecologically harvested

† Daily Value not established

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

Each 3 capsules contain 32,400 mg crude herb equivalent. [008] 973-1117



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600 mat

[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

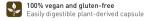
Individual herbs in their vibrant, natural form support each person uniquely.* Gaia Herbs single herbs contain concentrated extracts of an individual herb, to deliver nature's vitality to you.*

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





Laboratory-tested for purity
Free of heavy metal toxicity



Single Herbs

Milk Thistle Seed

Supports healthy liver function*

Aids in detoxification* Total Silymarins: 270 mg



DIETARY SUPPLEMENT



Supplement Facts Serving Size 3 Capsules

Serving Size 3 Capsules Servings Per Container 20

Amount Per Serving

Calories

Milk Thistle seed extract +

(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

lacktriangle = 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. Safely-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.

meetyourherbs?

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 Caroli