

Suggested Use

Adults take 1 capsule, 3 times daily. Best results obtained with long-term use.

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.

meetyourherbs®

We test every product for purity and potency and share the results online. Visit meetyourherbs.com to learn more.

Mood Uplift™

Supports a positive & uplifted mood*

Maintaining a healthy emotional state is key to an optimal quality of life. *Mood Uplift™* is designed to support mental and emotional well-being.*

By combining herbal extracts that have been traditionally used to help the body cope with daily stress, nourish the nervous system, calm the mind, and support a balanced mood, this formula helps foster a better outlook on life.*

The Gaia Difference



Liquid Phyto-Caps®
Liquid potency, easy absorption



Committed to plant purity
Vegan; gluten, dairy & soy free



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All products tested for purity & potency

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Mood
Uplift™

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VEGAN LIQUID PHYTO-CAPS®
DIETARY SUPPLEMENT

gaia
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Mood
Uplift™

Supports a positive &
uplifted mood*

Promotes emotional &
mental wellbeing*

meetyourherbs.com



VEGAN LIQUID PHYTO-CAPS®
DIETARY SUPPLEMENT

Enter ID# at meetyourherbs.com BEST BY

Supplement Facts

Serving Size 1 Capsule
Servings Per Container 60

Amount Per Serving

Calories 5

Proprietary Extract Blend 550 mg†

Oats milky seed fresh extract ▲ (*Avena sativa*), St. John's Wort flower buds and tops ▲ (*Hypericum perforatum*), Passionflower flowering vine ▲ (*Passiflora incarnata*), Vervain aerial parts ▲ (*Scisandra berry* ▲ (*Scisandra chinensis*), Gotu Kola leaf ▲ (*Centella asiatica*), Ginkgo leaf ▲ (*Ginkgo biloba*), Rosemary leaf supercritical extract ▲ (*Rosmarinus officinalis*)

† Daily Value not established

Other ingredients: Vegetable glycerin, water, vegan capsule (hypromellose) and sunflower lecithin

▲ = Organic ingredient ▲ = Ecologically harvested
Gaia Herbs, Inc., 101 Gaia Herbs Dr., Brevard, NC 28712
Each serving contains 1,400 mg dry herb equivalent.

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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.



(001) 0118



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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.



meetyourherbs.com

MeetYourHerbs® is the world's first traceability program for herbal supplements. Ensure the level of purity and potency of this product while tracking the Seed-to-Shelf story of each herb in your bottle by entering its ID# at meetyourherbs.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 purity and potency 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