

Suggested Use

Adults take 2 capsules 30 minutes before bed. Best results obtained after one month of use. For additional support, drink *Sleep & Relax Herbal Tea* in the evening.

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

SystemSupport

SleepThru®

Supports restful sleep*

VEGAN LIQUID PHYTO-CAPS®
DIETARY SUPPLEMENT

BEST BY
Enter ID# at GaiaHerbs.com

Supplement Facts

Serving Size 2 Capsules
Servings Per Container 15

Amount Per Serving	
Calories	10
Proprietary Extract Blend	940 mg†
Ashwagandha root ▲ (Withania somnifera), Magnolia bark ▲ (Magnolia officinalis), Passionflower flowering vine ▲ (Passiflora incarnata), Jujube date fruit ▲ (Ziziphus jujuba)	

† Daily Value not established

Other ingredients: Vegetable glycerin, water
and capsule (vegetable cellulose)

▲ = Organic ingredient
◆ = Ecologically harvested

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

Each 2 capsules contain 2,450 mg dry herb equivalent. [003] 934-0917



*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.

[003] 934-0917



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.



SystemSupport

Addressing the root cause of a systemic imbalance can restore your vitality. Gaia Herbs' SystemSupport products help naturally restore your body's harmony and balance.*

SleepThru®

Getting a complete night's sleep is essential to overall health. *SleepThru®* is a unique blend of herbs that supports restful sleep and healthy adrenal function.* When the body's stress pathways are naturally supported, one can rest more easily and consistently.* This formula promotes restorative sleep all night long, allowing you to feel refreshed upon waking.*

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- 100% vegan and gluten-free**
Easily digestible plant-derived capsule



SystemSupport

SleepThru®

Supports restful sleep*

Promotes healthy stress levels*
Magnolia & Ashwagandha extracts

Supports normal waking energy*
Ashwagandha & Jujube date

meet your herbs®
SEE BACK OF BOX TO LEARN HOW

VEGAN LIQUID PHYTO-CAPS®
DIETARY SUPPLEMENT

Wake up
during
the night?



Jujube date

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meet your herbs®

Meet Your Herbs® is the world's first traceability program for 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!

Gaia Herbs cultivates health and
well-being by stewarding sustainable
relationships between plants and people.

Gaia Farm, North Carolina