

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*

meet your herbs®
Enter ID # at GaiaHerbs.com

60 VEGAN LIQUID PHYTO-CAPS®
DIETARY SUPPLEMENT

Enter ID# at GaiaHerbs.com

BEST BY

Supplement Facts

Serving Size 2 Capsules
Servings Per Container 30

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.



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.



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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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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

SystemSupport

SleepThru®

Supports restful sleep*

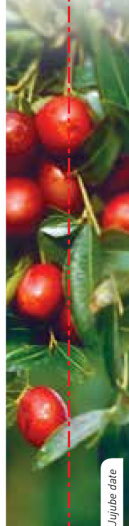
Promotes healthy stress levels*
Magnolia & Ashwagandha extracts

Supports normal waking energy*
Ashwagandha & Jujube date

meet your herbs®
SEE BACK OF BOX TO LEARN HOW

60 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