

Steeped in a healthy lifestyle*

Our mission has remained unchanged for nearly 30 years—offer the highest quality herbal supplements to support your health.* One satisfying way of including herbs in daily life is through the ritual of drinking tea. Our respect for this ancient practice is reflected in the quality of our herbs and in tea bags which use no staples or glue.

A partnership of mutual beliefs

This tea is produced in Tuscany, Italy by Aboca, the herbal supplement leader in more than 25,000 European pharmacies and health food stores since 1978. Gaia Herbs' partnership with Aboca is born from a mutual belief in sustainable product development, dedication to quality, and a deep respect for science and nature working in harmony.



gaia
HERBS

Everyday
Cleansing*



Burdock

Cleanse & Detox

Naturally supports the
detoxification process*

Herbal Dietary Supplement

16 (2 g) TEA BAGS Net Wt. 1.13 oz (32 g) CAFFEINE-FREE

Supplement Facts

Serving Size 1 tea bag
Servings Per Container 16 tea bags

	Amount Per Serving	% Daily Value
Calories	5	
Total Carbohydrate	less than 1 g	<1%*
Dietary Fiber	less than 1 g	3%*
Orthosiphon leaf † (Orthosiphon stamineus)	500 mg	†
Rooibos leaf † (Aspalathus linearis)	300 mg	†
Burdock root † (Arctium lappa)	300 mg	†
Licorice root † (Glycyrrhiza glabra)	300 mg	†
Fennel fruit † (Foeniculum vulgare)	274 mg	†
Star Anise fruit † (Illicium verum)	200 mg	†
Artichoke leaf † (Cynara scolymus)	80 mg	†
Aloe Vera freeze-dried leaf gel † (Aloe vera)	20 mg	†
Lemon peel essential oil † (Citrus x limon)	20 mg	†
Peppermint aerial parts essential oil † (Mentha x piperita)	4 mg	†

* Percent Daily Values are based on a 2,000 calorie diet.
† Daily Value not established

▲ = Organic Ingredient
◆ = Ecologically Harvested

Distributed by: Gaia Herbs, Inc.
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Manufactured for Gaia Herbs by
Aboca S.p.A. - Italy.

PRODUCT OF ITALY

* 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.

Best by:

Lot No:

Essential wellness from the inside out*

Cleanse & Detox tea is a light-tasting yet complex blend that supports healthy liver function, which is essential to maintaining wellness.* Traditional purifying herbs such as Burdock and Artichoke combine with soothing Aloe Vera and the antioxidant properties of Rooibos,* while essential oils of Lemon and Peppermint add a hint of fresh flavor.

Directions

Adults pour one cup of freshly boiled water over tea bag and steep, covered, for 10 minutes. Drink daily as needed. For added support of a healthy lifestyle, look for our *Supreme Cleanse™* 12-day kit.

If you have a medical condition or take medications, please consult with your doctor before using this product. Licorice should not be taken if you have kidney or liver disease, hypertension, edema or excessive potassium depletion. Not for use during pregnancy or lactation. Keep away from children.

Track the life story of each herb in your tea by entering its ID# at GaiaHerbs.com

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