

SUGGESTED USE

Adults take 20-40 drops of extract in a small amount of water 3 times daily between meals.

Shake well before use. Not for use during pregnancy or lactation. If you have a medical condition or take medications, please consult with your doctor before use. **Store away from children.** Use only as directed on label. Safety-sealed at neck of bottle.

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Purity and potency levels are ensured.



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gaia[®]
HERBS

SLEEP SUPPORT*

California Poppy

Traditionally for calm & relaxation*

4 FL OZ (118mL) HERBAL SUPPLEMENT

Supplement Facts

Serving Size 40 Drops (1.33 mL)
Servings Per Container About 89

Amount Per Serving

Organic California Poppy (*Eschscholzia californica*) whole plant extract 1.33 mL†

† Daily Value not established.

Other ingredients: Alcohol USP (60-70%) and water.

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

1:2 Herb Strength Ratio

500 mg/mL Herb Equivalency

* 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.

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