

SUGGESTED USE

Adults take 40-60 drops in a small amt of water 1 hour before bed. Maximum time of use 1 month.

Caution: US FDA advises that a potential risk of rare, but severe, liver injury may be associated with kava-containing dietary supplements. Do not take if you have, or have had, liver problems, drink alcohol, or take any medications. If you have a medical condition, use under the advice of a doctor. Stop use and see a doctor if you develop symptoms that may signal liver problems, including jaundice (yellowing of the skin or whites of the eyes) and brown urine. Other nonspecific symptoms can include nausea, vomiting, light-colored stools, unexplained tiredness, weakness, stomach or abdominal pain, and loss of appetite. **Not for use by persons under 18 years of age, or by pregnant or breast-feeding women.** Not for use with alcoholic beverages. Excessive use, or use with products that cause drowsiness, may impair your ability to operate a vehicle or heavy equipment. Use only as directed on label. Safety-sealed at neck of bottle.

gaia[®]
HERBS

SLEEP SUPPORT*

Valerian Poppy SUPREME

With Gaia-grown™ California
Poppy & Skullcap

1 FL OZ (30mL) HERBAL SUPPLEMENT

Supplement Facts

Serving Size 60 Drops (2 mL)

Servings Per Container 15

Amount Per Serving

Proprietary Extract Blend 2 mL†

Skullcap aerial parts extract ▲, Kava root, Valerian root ▲, California Poppy whole plant ▲, Passionflower flowering vine ▲, Chamomile flower ▲, Mugwort aerial parts ▲

† Daily Value not established.

Other ingredients: Alcohol USP (52-62%) and water. ▲ = Organic ingredient

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

400 mg/mL Herb Equivalency

* 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.



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