

BEST BY: ENTER ID# at meetyourherbs.com

SUGGESTED USE

Adults take 2-3 capsules 2 times daily between meals.
 Not for use during pregnancy. 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 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.

* 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.



WOMEN

Fenugreek Seed

A traditional lactation aid*

60 VEGAN LIQUID PHYTO-CAPS® HERBAL SUPPLEMENT

Supplement Facts

Serving Size 3 Capsules Servings Per Container 20		
	Amount Per Serving	% Daily Value
Calories		10
Total Carbohydrate	2 g	<1%*
Organic Fenugreek (<i>Trigonella foenum-graecum</i>) seed	1,170 mg	†

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

Other ingredients: Vegetable glycerin, water and vegan capsule (hypromellose).
 Gaia Herbs, Inc., 101 Gaia Herbs Drive, Brevard, NC 28712
 Each 3 capsules contain 6,700 mg dry herb equivalent.



This carton is made from 100% recycled paperboard, and is one example of how Gaia Herbs makes conscious choices to keep our planet healthy. To learn more about our sustainability efforts, please visit gaiaherbs.com/sustainability.

[101] 0319



Gaia Farm, Brevard, NC



Connecting Plants & People Since 1987

PURITY - Keep it Clean

All products are screened for pesticides, microbes & heavy metals.

INTEGRITY - Keep it Real

See the proof at meetyourherbs.com, the world's first herb traceability platform.

POTENCY - Keep it Strong

Concentrated plant extracts are delivered in our patented Phyto-Caps® technology.

Discover our Guiding Truths at:



NEW LOOK SAME FORMULA



WOMEN

Fenugreek Seed

Helps support healthy breast milk production*

A traditional lactation aid used by midwives & doulas*

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meetyourherbs.com

Gaia Herbs delivers unprecedented traceability by screening every product and sharing the results online. See for yourself, and learn more about your herbs, by entering the unique ID # below at meetyourherbs.com.

VEGAN
 GLUTEN-FREE
 SOY-FREE



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