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SUGGESTED USE

Adults take 1 teaspoon once daily mixed
into any warm milk of your choice.

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. Store out of direct
sunlight and in a cool dry place.

VEGAN
GLUTEN-FREE
SOY-FREE

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HERBS



Golden Milk

Made with Organic Turmeric,
Ashwagandha & Dates



HERBAL SUPPLEMENT | NET WT 4.3 oz (123 g) | VEGAN & DAIRY-FREE

Supplement Facts

Serving Size 1 Teaspoon (3.5 g)
Servings Per Container about 35

Amount Per Serving	% Daily Value
Calories	15
Total Carbohydrate	3 g 1%*
Total Sugars	<1 g †

Amount Per Serving	% Daily Value
Golden Milk Vegan Blend	2,219 mg †
Turmeric (<i>Curcuma longa</i>) root ▲, Date Palm (<i>Phoenix dactylifera</i>) fruit ▲, Cardamom (<i>Elettaria cardamomum</i>) seed ▲, Ashwagandha (<i>Withania somnifera</i>) root ▲, Vanilla (<i>Vanilla planifolia</i>) bean, Black Pepper (<i>Piper nigrum</i>) fruit ▲	

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

Other ingredients: Organic rice maltodextrin (non-GMO). ▲ = Organic Ingredient
Distributed by: Gaia Herbs, Inc., 101 Gaia Herbs Drive, Brevard, NC 28712
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⚠ WARNING: Reproductive Harm -
www.P65Warnings.ca.gov/food

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