

USE DURING PREGNANCY

Adults take 1 capsule 3 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.

**VEGAN
GLUTEN-FREE
SOY-FREE**

  [@gaiaherbs](http://gaiaherbs.com)

Certified

Corporation

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gaia
HERBS

WOMEN

Lactation Support™

60 VEGAN LIQUID PHYTO-CAPS®
HERBAL SUPPLEMENT

Supplement Facts

Serving Size 1 Capsule
Servings Per Container 60

	Amount Per Serving	% Daily Value
Total Carbohydrate	<1g	<1%*
Proprietary Extract Blend	432 mg	†
Organic Fenugreek (<i>Trigonella foenum-graecum</i>) seed, Organic Marshmallow (<i>Althaea officinalis</i>) root extract, Organic Fennel (<i>Foeniculum vulgare</i>) seed, Organic Raspberry (<i>Rubus idaeus</i>) leaf, Organic Blessed Thistle (<i>Cnicus benedictus</i>) aerial parts		

* 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 capsule contains 1,115 mg dry herb equivalent.

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SUGGESTED USE

Adults take 1 capsule 3 times daily between meals.

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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.

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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:

  [@gaiaherbs](http://gaiaherbs.com)

* 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.

gaia
HERBS

NEW LOOK
SAME FORMULA

WOMEN

Lactation Support™

Supports healthy production of breast milk*

With Fenugreek seed,
Fennel seed & Gaia-grown™
Marshmallow root

60 VEGAN LIQUID PHYTO-CAPS®
HERBAL SUPPLEMENT



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.

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BEST BY: