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SUGGESTED USE

Adults take 1 teaspoon once daily mixed
into any milk or smoothie 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 using
this product. Keep away from children. Store
out of direct sunlight and in a cool, dry place.

* 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.



gaia
HERBS



MIND SPRING™

With Lion's Mane, Turmeric & Ginkgo
Traditionally taken for brain health & recall*



HERBAL SUPPLEMENT | NET WT 3.53 oz (100 g) | VEGAN & GLUTEN-FREE

Supplement Facts

Serving Size 1 Teaspoon (2.2 g)
Servings Per Container about 45

	Amount Per Serving	% Daily Value
Calories	10	
Total Carbohydrate	2 g	<1%*
Dietary Fiber	<1 g	3%*
Iron	1 mg	8%

	Amount Per Serving	% Daily Value
Proprietary Herbal Blend	2.2 g	†
Organic Turmeric (<i>Curcuma longa</i>) root, Organic Lion's Mane (<i>Hericium erinaceus</i>) fruiting body extract, Organic Reishi fruiting body extract, Organic Gotu Kola (<i>Centella asiatica</i>) leaf, Organic Ginkgo (<i>Ginkgo biloba</i>) leaf, Organic Holy Basil (<i>Ocimum sanctum</i>) leaf, Organic Black Pepper (<i>Piper nigrum</i>) fruit		

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

Manufactured for: Gaia Herbs, Inc., 101 Gaia Herbs Dr., Brevard, NC 28712
Certified Organic by Oregon Tilth



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