



meetyourherbs.com

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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.

⚠ **WARNING:** Reproductive Harm -
www.P65Warnings.ca.gov/food

* 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

[10-1] 0119

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

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 6%

Amount Per Serving % Daily Value

Proprietary Herbal Blend 2.2 g †

Organic Turmeric (*Curcuma longa*) root, Organic Lion's Mane
(*Hericium erinaceus*) fruiting body extract, Organic Reishi
fruiting body extract, Organic Gata Kola (*Centella asiatica*) leaf,
Organic Ginkgo (*Ginkgo biloba*) leaf, Organic Holy Basil (*Ocimum
sanctum*) leaf, Organic Black Pepper (*Piper nigrum*) fruit

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



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