

SUGGESTED USE

Adults take 2 capsules 1 hour before bed. Best results obtained after 1 month of use.

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.** Use only as directed on label. Safety-sealed for your protection. Keep bottle capped at all times and store in a cool, dry place.

 [gaiaherbs.com](https://www.gaiaherbs.com)
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VEGAN • GLUTEN-FREE • SOY-FREE

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gaia
HERBS

WOMEN

Nighttime Comfort

60 VEGAN LIQUID PHYTO-CAPS[®]
HERBAL SUPPLEMENT

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](https://www.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.com](https://www.gaiaherbs.com)
 [@gaiaherbs](https://www.gaiaherbs.com)

* 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.



WOMEN

Nighttime Comfort

Maintains healthy hormonal balance during menopause*

Supports a restful night of sleep*

60 VEGAN LIQUID PHYTO-CAPS[®]
HERBAL SUPPLEMENT

Supplement Facts

Serving Size 2 Capsules
Servings Per Container 30

	Amount Per Serving	% Daily Value
Calories	5	
Total Carbohydrate	1g	<1%*
Proprietary Extract Blend	600 mg	†
Mimosa Tree (<i>Albizia julibrissin</i>) bark, Organic Passionflower (<i>Passiflora incarnata</i>) flowering vine		
Black Cohosh (<i>Actaea racemosa</i>) root extract	420 mg	†
St. John's Wort (<i>Hypericum perforatum</i>) aerial parts extract	120 mg	†

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

Other ingredients: Vegetable glycerin, sunflower lecithin, water and vegan capsule (hypromellose).

Gaia Herbs, Inc., 101 Gaia Herbs Drive, Brevard, NC 28712

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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](https://www.gaiaherbs.com/sustainability).

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VEGAN
GLUTEN-FREE
SOY-FREE

Certified



BEST BY: