

SUGGESTED USE

Adults take 2 capsules 1 hour before bed.

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.

meetyourherbs.com

ID#:

BEST BY:

1/01/2019

ETUSGABE09PK-B

gaia
HERBS



Sleep & Relax™

50 CAPSULES HERBAL SUPPLEMENT

Supplement Facts

Serving Size 2 Capsules
Servings Per Container 25

Amount Per Serving

Organic Passionflower leaf freeze-dried extract	387 mg†
Organic Valerian root	203 mg†
Organic Valerian root freeze-dried extract	87 mg†
Proprietary Blend	290 mg†

Organic Lemon Balm leaf, Organic Lemon Balm leaf freeze-dried extract, Organic California Poppy aerial parts, Organic California Poppy aerial parts freeze-dried extract, English Lavender flower essential oil, Sweet Marjoram aerial parts essential oil

† Daily Value not established.

Other ingredients: Vegan capsule (hypromellose).

Distributed by Gaia Herbs, Inc., 101 Gaia Herbs Dr., Brevard, NC 28712
Certified Organic by Oregon Tilth
Manufactured for Gaia Herbs by Aboca S.p.A. - Italy, PRODUCT OF ITALY



[101] 0419

Best By:

Lot No:



meetyourherbs.com

Gaia Herbs delivers unprecedented traceability by screening every product and sharing the results online. Learn more about your herbs by entering the unique ID # below at meetyourherbs.com.

VEGAN
GLUTEN-FREE
SOY-FREE

Certified



Corporation

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, the world's first herb traceability platform.

POTENCY - Keep it Strong

Concentrated herbal extracts are delivered in a convenient, easy-to-swallow capsule.

Discover our Guiding Truths at:



A partnership of mutual beliefs

Sleep & Relax™ is produced in Tuscany, Italy, by Aboca, the herbal supplement leader in Europe since 1978. Gaia Herbs' partnership with Aboca is born from a mutual belief in sustainable product development, dedication to quality, and a deep respect for science and nature working in harmony.

Aboca

gaia
HERBS

NEW LOOK
SAME FORMULA



SLEEP SUPPORT*

Sleep & Relax™

Promotes a sense of calm and helps prepare your body for a good night's rest*

With Lavender, Lemon Balm & Passionflower

50

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* 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.