

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. Natural separation may occur. This does not affect product quality.

* 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.



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SLEEP SUPPORT***SleepThru®**

For occasional sleeplessness*

30 VEGAN LIQUID PHYTO-CAPS®
HERBAL SUPPLEMENT
**Supplement Facts**

Serving Size 2 Capsules
Servings Per Container 15

	Amount Per Serving	% Daily Value
Calories	5	
Total Carbohydrate	1g	<1%*
Proprietary Extract Blend	940 mg	†
Organic Ashwagandha (<i>Withania somnifera</i>) root, Magnolia (<i>Magnolia officinalis</i>) bark, Organic Passionflower (<i>Passiflora incarnata</i>) flowering vine, Jujube date (<i>Ziziphus jujuba</i>) fruit		

* 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
gaiaherbs.com
Each 2 capsules contain 2,450 mg dry herb equivalent.

101 1025-0119



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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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 plant extracts are delivered in our patented Phyto-Caps® technology.

Discover our Guiding Truths at:



gaiaherbs.com
@gaiaherbs

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NEW LOOK
SAME FORMULA

SLEEP SUPPORT***SleepThru®**

Promotes restful sleep for
occasional sleeplessness*

Made with Passionflower,
Ashwagandha & Jujube date

30 VEGAN LIQUID PHYTO-CAPS®
HERBAL SUPPLEMENT
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**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**



BEST BY: