

## USE SUGGESTED

Adults take 1 to 3 capsules 1 hour before bed. Maximum time of use: 1 month.

Caution: US FDA advises that a potential risk of rare, but severe, liver injury may be associated with kava-containing dietary supplements. Do not take if you have, or have had, liver problems, drink alcohol, or take any medications. If you have a medical condition, use under the advice of a health care provider. Stop use and see a doctor if you develop symptoms that may signal liver problems, including jaundice (yellowing of the skin or whites of the eyes) and brown urine. Other nonspecific symptoms can include nausea, vomiting, light-colored stools, unexplained tiredness, weakness, stomach or abdominal pain, and loss of appetite. Not for use by persons under 18 years of age, or by pregnant or breastfeeding women. Store away from children. Not for use with alcoholic beverages. Excessive use, or use with products that cause drowsiness, may impair your ability to operate a vehicle or heavy equipment. 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.



### PURITY - Keep it Clean

All products are screened for pesticides, microbes & heavy metals.

### INTEGRITY - Keep it Real

See the proof at [meetyourherbs.com](http://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:



\* 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.



## FOUNDATIONAL SUPPORT

# Turmeric Supreme



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



## FOUNDATIONAL SUPPORT\*

# Turmeric Supreme



Helps provide comfort from occasional pain, with Kava & Valerian root\*

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

[101] 1024-0119  
Gaia Herbs, Inc., 101 Gaia Herbs Drive, Brevard, NC 28712

| Supplement Facts                                                                                                                         |                    |                           |
|------------------------------------------------------------------------------------------------------------------------------------------|--------------------|---------------------------|
| Serving Size 3 Capsules                                                                                                                  |                    | Servings Per Container 10 |
|                                                                                                                                          | Amount Per Serving | % Daily Value             |
| Calories                                                                                                                                 | 10                 |                           |
| Total Carbohydrate                                                                                                                       | 2g                 | <1%*                      |
| Turmeric root extract                                                                                                                    | 48 mg              | †                         |
| Curcumin                                                                                                                                 | 45 mg              | †                         |
| Proprietary Extract Blend                                                                                                                | 1,371mg            | †                         |
| Organic Valerian root, Kava root, Organic Turmeric root, Wild Lettuce aerial parts, Jamaican Dogwood bark, Organic Feverfew aerial parts |                    |                           |
| Black Pepper fruit                                                                                                                       | 15 mg              | †                         |
| supercritical CO <sub>2</sub> extract                                                                                                    |                    |                           |
| Organic Ginger root                                                                                                                      | 15 mg              | †                         |
| supercritical CO <sub>2</sub> extract                                                                                                    |                    |                           |
| * Percent Daily Values are based on a 2,000 calorie diet.                                                                                |                    |                           |
| † Daily Value not established.                                                                                                           |                    |                           |
| Other ingredients: Vegetable glycerin, water, sunflower lecithin and vegan capsule (hypromellose, chlorophyll).                          |                    |                           |

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[101] 1024-0119



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**VEGAN  
GLUTEN-FREE  
SOY-FREE**



BEST BY: