

SUGGESTED USE

Adults take 2 capsules as needed.
For occasional use only.

Not for use during pregnancy or lactation.
Vegetable charcoal may interfere with the
absorption of drugs. 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.
Do not use if cap seal is broken.

meetyourherbs.com

ID#:

BEST BY:

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gaia
HERBS

Gas & Bloating™

50 CAPSULES HERBAL SUPPLEMENT

Supplement Facts

Serving Size 2 Capsules Servings Per Container 25

Amount Per Serving

Plant-derived Activated Charcoal	242 mg†
Fennel seed	146 mg†
Fennel seed freeze-dried extract	16 mg†
Proprietary Blend	404 mg†

Cumin seed, Organic Chamomile flower freeze-dried extract,
Star Anise seed, Organic Lemon Balm leaf freeze-dried
extract, Caraway seed, Fennel seed essential oil, Peppermint
leaf essential oil, Sweet Marjoram leaf essential oil

† Daily Value not established.

Other ingredients: Vegan capsule (hypromellose).

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



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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.

Certified



Corporation

VEGAN
SOY-FREE

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

Gas & Bloating™ 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

DIGESTIVE SUPPORT*

Gas & Bloating™

Provides relief from
occasional gas & bloating*

With Activated Charcoal
& Fennel

50

VEGAN CAPSULES
HERBAL SUPPLEMENT

Supplement Facts

Serving Size 2 Capsules
Servings Per Container 25

Amount Per Serving

Plant-derived Activated Charcoal	242 mg†
Fennel (<i>Foeniculum vulgare</i>) seed	146 mg†
Fennel (<i>Foeniculum vulgare</i>) seed freeze-dried extract	16 mg†
Proprietary Blend	404 mg†

Cumin (*Cuminum cyminum*) seed, Organic Chamomile (*Matricaria
recutita*) flower freeze-dried extract, Star Anise (*Illicium verum*) seed,
Organic Lemon Balm (*Melissa officinalis*) leaf freeze-dried extract,
Caraway (*Carum carvi*) seed, Fennel (*Foeniculum vulgare*) seed
essential oil, Peppermint (*Mentha x piperita*) leaf essential oil, Sweet
Marjoram (*Origanum majorana*) leaf essential oil

† Daily Value not established.

Other ingredients: Vegan capsule (hypromellose).

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101 Gaia Herbs Drive, Brevard, NC 28712

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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.