

SUGGESTED USE

Adults take 1 capsule 3 times daily between meals.

Not for use during pregnancy. 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.

VEGAN
GLUTEN-FREE
SOY-FREE

  gaiaherbs.com
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Certified



Corporation



gaia[®]
HERBS

WOMEN

Lactation Support

60 VEGAN LIQUID PHYTO-CAPS[®]
HERBAL SUPPLEMENT

Supplement Facts

Serving Size 1 Capsule
Servings Per Container 60

	Amount Per Serving	% Daily Value
Total Carbohydrate	<1 g	<1%*

Proprietary Extract Blend	432 mg	†
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Organic Fenugreek (*Trigonella foenum-graecum*) seed, Organic Marshmallow (*Althaea officinalis*) root extract, Organic Fennel (*Foeniculum vulgare*) seed, Organic Raspberry (*Rubus idaeus*) leaf, Organic Blessed Thistle (*Cnicus benedictus*) aerial parts

* 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

Each capsule contains 1,115 mg dry herb equivalent.

[101c] 0320


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

* 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.

gaia[®]
HERBS

NEW LOOK
SAME FORMULA

WOMEN

Lactation Support

Supports healthy production of breast milk*

With Fenugreek seed, Fennel seed & Gaia-grown[™] Marshmallow root

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meetyourherbs.com

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

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BEST BY: