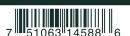
## **SUGGESTED USE**

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.









## **Lactation Support**

Supports healthy production of breast milk with Fenugreek & Fennel seed\*



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

## Supplement Facts

Serving Size 1 Capsule Servings Per Container 120

Per Serving

Total Carbohydrate Proprietary Extract Blend 432 ma

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.

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.

† Daily Value not established.