



Lactation Support

Supports healthy production of breast milk*

1 CAFFEINE-FREE TEA BAG (2 g)
HERBAL SUPPLEMENT

Ingredients: Organic Fennel (*Foeniculum vulgare*) fruit, Organic Goat's Rue (*Galega officinalis*) aerial parts, Organic Fenugreek (*Trigonella foenum-graecum*) seed, Organic Stinging Nettle (*Urtica dioica*) leaf, Organic Lemon Balm (*Melissa officinalis*) leaf, Organic Marshmallow (*Althaea officinalis*) root

Distributed by:
Gaia Herbs, Inc., 101 Gaia Herbs Dr., Brevard, NC 28712
Manufactured for Gaia Herbs by Aboca S.p.A. - Italy
Certified Organic by Oregon Tilth
Product of Italy. This unit not labeled for retail sale.

DIRECTIONS

Adults pour 1 cup of freshly boiled water over tea bag. Cover and steep for 10 minutes.
Drink daily as needed.

See product warning on box. **Store away from children.**

* THIS STATEMENT HAS 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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PURITY: Keep it Clean

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POTENCY: Keep it Strong

Foil-lined pouches preserve the strength & flavor of our traditional herbal blends.

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A partnership of mutual beliefs

This tea 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.



Lactation Support

HERBAL TEA

Supports healthy production of breast milk*

With Goat's Rue, Fenugreek & Fennel

16 CAFFEINE-FREE TEA BAGS
HERBAL SUPPLEMENT NET WEIGHT 1.13 oz (32 g)

Supplement Facts

Serving Size 1 Tea Bag
Servings Per Container 16

	Amount Per Serving	% Daily Value
Calories	5	
Dietary Fiber	<1 g	3%*
Organic Fennel (<i>Foeniculum vulgare</i>) fruit	900 mg	†
Organic Goat's Rue (<i>Galega officinalis</i>) aerial parts	300 mg	†
Organic Fenugreek (<i>Trigonella foenum-graecum</i>) seed	300 mg	†
Organic Stinging Nettle (<i>Urtica dioica</i>) leaf	200 mg	†
Organic Lemon Balm (<i>Melissa officinalis</i>) leaf	200 mg	†
Organic Marshmallow (<i>Althaea officinalis</i>) root	100 mg	†

* Percent Daily Values are based on a 2,000 calorie diet.
† Daily Value not established.

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PRODUCT OF ITALY

SUGGESTED USE

Adults pour 1 cup of freshly boiled water over tea bag. Cover and steep for 10 minutes. Drink daily as needed.

Not for use during pregnancy. If you have diabetes, a medical condition or take medications, please consult with your doctor before use. **Store away from children.**



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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