



Natural Laxative

An aromatic brew that provides gentle overnight relief from occasional constipation*

1 CAFFEINE-FREE TEA BAG (2.2 g)
HERBAL SUPPLEMENT

Ingredients: Organic Senna (*Senna alexandrina*) leaf, Organic Caraway (*Carum carvi*) fruit, Organic Licorice (*Glycyrrhiza glabra*) root, Organic Fennel (*Foeniculum vulgare*) fruit, Organic Rooibos (*Aspalathus linearis*) leaf, Organic Lemon Balm (*Melissa officinalis*) leaf, Organic High Mallow (*Malva sylvestris*) leaf, Fennel (*Foeniculum vulgare*) fruit essential oil

Distributed by:
Gaia Herbs, Inc., 101 Gaia Herbs Dr., Brevard, NC 28712
Certified Organic by Oregon Tilth
Manufactured for Gaia Herbs by Aboca S.p.A. - Italy
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 1 cup as needed before bed. Maximum time of use 10 days.
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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[gaiaherbs.com](https://www.gaiaherbs.com)
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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.



Natural Laxative

HERBAL TEA

An aromatic brew that provides gentle overnight relief from occasional constipation*

With organic Senna & Licorice

16 CAFFEINE-FREE TEA BAGS
HERBAL SUPPLEMENT NET WEIGHT 1.24 oz (35.2 g)

Supplement Facts

Serving Size 1 Tea Bag
Servings Per Container 16

	Amount Per Serving	% Daily Value
Calories	5	
Total Carbohydrate	<1 g	<1%*
Dietary Fiber	<1 g	3%*
Organic Senna (<i>Senna alexandrina</i>) leaf	1,500 mg	†
Organic Caraway (<i>Carum carvi</i>) fruit	330 mg	†
Organic Licorice (<i>Glycyrrhiza glabra</i>) root	150 mg	†
Organic Fennel (<i>Foeniculum vulgare</i>) fruit	132 mg	†
Organic Rooibos (<i>Aspalathus linearis</i>) leaf	66 mg	†
Organic Lemon Balm (<i>Melissa officinalis</i>) leaf	10 mg	†
Organic High Mallow (<i>Malva sylvestris</i>) leaf	10 mg	†
Fennel (<i>Foeniculum vulgare</i>) fruit essential oil	2 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 1 cup as needed before bed. Maximum time of use 10 days.

If you have a medical condition or take medications, please consult with your doctor before using this product. Licorice should not be used if you have kidney or liver disease, hypertension, edema or potassium depletion. Not for use during pregnancy or lactation. Store away from children.

NOTICE: This product contains Senna. Read and follow directions carefully. Do not use if you have or develop diarrhea, loose stools, or abdominal pain because Senna may worsen these conditions and be harmful to your health. Consult your physician if you have frequent diarrhea, taking medication, or have a medical condition. Do not take if pregnant or nursing.

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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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