

gaia  
HERBS



## Sleep & Relax

Promotes a sense of calm & helps prepare your body for a good night's rest\*

1 CAFFEINE-FREE TEA BAG (1.7 g)  
HERBAL SUPPLEMENT

Ingredients: Organic Passionflower (*Passiflora incarnata*) leaf, Organic Lemon Balm (*Melissa officinalis*) leaf, Organic Chamomile (*Matricaria recutita*) flower, Organic Licorice (*Glycyrrhiza glabra*) root, Organic Chamomile (*Matricaria recutita*) flower freeze-dried extract, Organic Passionflower (*Passiflora incarnata*) leaf freeze-dried extract  
Other ingredients: Natural orange flavor

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 hour before bed.

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.

490 1010 020020

C20020  
[101] 0619



## 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](http://meetyourherbs.com), the world's first herb traceability platform.

### POTENCY: Keep it Strong

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

Discover our Guiding Truths at:

[gaiaherbs.com](http://gaiaherbs.com)  
[@gaiaherbs](https://www.instagram.com/gaiaherbs)



## 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.

Aboca

gaia  
HERBS



## Sleep & Relax

### HERBAL TEA

Promotes a sense of calm & helps prepare your body for a good night's rest\*

With Passionflower, Lemon Balm & Chamomile

16 CAFFEINE-FREE TEA BAGS

HERBAL SUPPLEMENT NET WEIGHT 0.96 oz (27.2 g)

## Supplement Facts

Serving Size 1 Tea Bag  
Servings Per Container 16

	Amount	% Daily
	Per Serving	Value
Total Carbohydrate	<1 g	<1%*
Dietary Fiber	<1 g	2%*
Organic Passionflower ( <i>Passiflora incarnata</i> ) leaf	425 mg	†
Organic Lemon Balm ( <i>Melissa officinalis</i> ) leaf	420 mg	†
Organic Chamomile ( <i>Matricaria recutita</i> ) flower	400 mg	†
Organic Licorice ( <i>Glycyrrhiza glabra</i> ) root	342 mg	†
Organic Chamomile ( <i>Matricaria recutita</i> ) flower freeze-dried extract	45 mg	†
Organic Passionflower ( <i>Passiflora incarnata</i> ) leaf freeze-dried extract	30 mg	†

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

Other ingredients: Natural orange flavor.

Distributed by Gaia Herbs, Inc., 101 Gaia Herbs Drive, Brevard, NC 28712

Certified Organic by Oregon Tilth

Manufactured for Gaia Herbs by Aboca S.p.A. - Italy

PRODUCT OF ITALY

### SUGGESTED USE

Adults pour 1 cup of freshly boiled water over tea bag. Cover and steep for 10 minutes. Drink 1 hour before bed.

If you have a medical condition or take medications, please consult with your doctor before use. Licorice should not be used if you have kidney or liver disease, hypertension, edema, potassium depletion or during pregnancy. Consult with your practitioner if breast-feeding. Store away from children.



[meetyourherbs.com](http://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](http://meetyourherbs.com).

\* 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.