

SUGGESTED USE

Adults take 2 capsules 1 hour before bed.
Best results obtained after 1 month of use.

Not for use during pregnancy or lactation. 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.

* 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.



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:



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gaia
HERBS

SLEEP SUPPORT*

SleepThru®

Supports a good night's rest*

60 VEGAN LIQUID PHYTO-CAPS®
HERBAL SUPPLEMENT

gaia
HERBS

SLEEP SUPPORT*

SleepThru®

Supports a good night's rest
during periods of stress*

Made with Passionflower,
Ashwagandha & Jujube date

60 VEGAN LIQUID PHYTO-CAPS®
HERBAL SUPPLEMENT

Supplement Facts

Serving Size 2 Capsules
Servings Per Container 30

	Amount Per Serving	% Daily Value
Calories	5	
Total Carbohydrate	1g	<1%*
Proprietary Extract Blend	940 mg	†

Organic Ashwagandha (*Withania somnifera*) root,
Magnolia (*Magnolia officinalis*) bark, Organic
Passionflower (*Passiflora incarnata*) flowering vine,
Jujube date (*Ziziphus jujuba*) fruit and seed

* 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
gaiaherbs.com

Each 2 capsules contain 2,450 mg dry herb equivalent.

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This carton is made from 100% recycled paperboard, and is one example of how Gaia Herbs makes conscious choices to keep our planet healthy. To learn more about our sustainability efforts, please visit gaiaherbs.com/sustainability.

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VEGAN
GLUTEN-FREE
SOY-FREE



BEST BY: