

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.



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gaia[®]
HERBS

SLEEP SUPPORT*

SleepThru[®]

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

120

VEGAN LIQUID PHYTO-CAPS[®]
HERBAL SUPPLEMENT



Supplement Facts

Serving Size 2 Capsules
Servings Per Container 60

	Amount Per Serving	% Daily Value
Calories	5	
Total Carbohydrate	1g	<1%*
Proprietary Extract Blend	940 mg	†
Organic Ashwagandha (<i>Withania somnifera</i>) root, Magnolia (<i>Magnolia officinalis</i>) bark, Organic Passionflower (<i>Passiflora incarnata</i>) flowering vine, Jujube date (<i>Ziziphus jujuba</i>) 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
Each 2 capsules contain 2,450 mg dry herb equivalent.

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* 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.