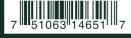
SUGGESTED USE

Adults take 1 to 3 capsules 1 hour before bed. Maximum time of use: 1 month

Caution: US FDA advises that a potential risk of rare, but severe, liver, injury may be associated with kava-containing dietary supplements. Do not take if you have, or have had, liver problems, drink alcohol, or take any medications. If you have a medical condition, use under the advice of a health care provider. Stop use and see a doctor if you develop symptoms that may signal liver problems, including joundice (yellowin of the skin or whites of the eyes) and brown urine. Other nonspecific symptoms can include nausea, vomiting, light-colored stools, ained tiredness, weakness, stomach or abdominal pain, and loss of appetite. Not for use by persons under 18 years of age, or by pregnant or breastfeeding women. **Store away from children**. Not for use with alcoholic beverages. Excessive use, or use with products that cause drowsiness, may impair your ability to operate a vehicle or heavy equipment. 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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* THESE STATEMENTS HAVE NOT BEEN EVALUATED

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CURE, OR PREVENT ANY DISEASE

PURITY - Keep it Clean

INTEGRITY - Keep it Real

POTENCY - Keep it Strong

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PAIN P.M.



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PAIN P.M.

Helps provide comfort from occasional pain, with Kava & Valerian root*

VEGAN LIQUID PHYTO-CAPS® HERBAL SUPPLEMENT

Supplement Facts Serving Size 3 Capsules Servings Per Container 10 Amount Per Serving % Daily Value Calories Total Carbohydrate <1%* Turmeric root extract 48 mg 45 ma Curcumins Proprietary Extract Blend 1.371 mg Organic Valerian root, Kava root, Organic Turmeric root, Wild Lettuce aerial parts, Jamaican Dogwood bark. Organic Feverfew gerial parts Black Pepper fruit supercritical CO2 extract

* Percent Daily Values are based on a 2.000 calorie diet † Daily Value not established

Organic Ginger root

supercritical CO2 extract

Serving Size 3 Capsules

Total Carbohydrate

Proprietary Extract Blend

† Daily Value not established.

time of use: 1 month.

Curcumins

Turmeric (Curcuma longa) root extract

Calories

15 mg

Supplement Facts

Organic Valerian root, Kava root, Organic Turmeric root, Wild Lettuce aerial parts, Jamaican Dogwood bark, Organic Feverfew

Black Pepper fruit supercritical CO2 extract 15 ma

Organic Ginger root supercritical CO2 extract 15 mg

and vegan capsule (hypromellose, chlorophyll).

* Percent Daily Values are based on a 2,000 calorie diet.

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

Other ingredients: Vegetable glycerin, water, sunflower lecithin

Servings Per Container 10

Amount Per Serving % Daily Value

10

2 a

45 ma

1,371 mg

Other ingredients: Vegetable glycerin, water, sunflowe lecithin and vegan capsule (hypromellose, chlorophyll).



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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BEST BY:

SUGGESTED USE **VEGAN** Adults take 1 to 3 capsules 1 hour before bed. Maximum

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