

USE INSTRUCTIONS

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 seek a doctor if you develop symptoms that may signal liver problems, including jaundice (yellowing of the skin or whites of the eyes) and brown urine. Other non-specific symptoms can include nausea, vomiting, light-colored stools, unexplained 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.



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:



* 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.

FOUNDATIONAL SUPPORT

Turmeric Supreme®

PAIN P.M.

30 VEGAN LIQUID PHYTO-CAPS® HERBAL SUPPLEMENT

NEW LOOK SAME FORMULA

FOUNDATIONAL SUPPORT*

Turmeric Supreme®

PAIN P.M.

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

30 VEGAN LIQUID PHYTO-CAPS® HERBAL SUPPLEMENT

1001b 0320
Gaia Herbs, Inc. 101 Gaia Herbs Drive, Brevard, NC 28712

Supplement Facts

Serving Size 3 Capsules	Servings Per Container 10	
Amount Per Serving	% Daily Value	
Calories	10	
Total Carbohydrate	2g	<1%*
Turmeric root extract	48 mg	†
Curcumin	45 mg	†
Proprietary Extract Blend	1,371 mg	†
Organic Valerian root, Kava root, Organic Turmeric root, Wild Lettuce aerial parts, Jamaican Dogwood bark, Organic Feverfew aerial parts		
Black Pepper fruit supercritical CO ₂ extract	15 mg	†
Organic Ginger root supercritical CO ₂ extract	15 mg	†

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

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

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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: