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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 jaundice (yellowing of the skin or whites of the eyes) and brown urine. Other nonspecific 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. Safely 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.

* 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.



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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HERBS

FOUNDATIONAL SUPPORT*

Turmeric Supreme®

PAIN P.M.

60 VEGAN LIQUID PHYTO-CAPS®
HERBAL SUPPLEMENT



NEW LOOK
SAME FORMULA

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HERBS

FOUNDATIONAL SUPPORT*

Turmeric Supreme®

PAIN P.M.

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

60 VEGAN LIQUID PHYTO-CAPS®
HERBAL SUPPLEMENT

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

Supplement Facts

Serving Size 3 Capsules
Servings Per Container 20

	Amount Per Serving	% Daily Value
Calories	10	
Total Carbohydrate	2 g	<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 extract	15 mg	†
Organic Ginger root supercritical 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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	Amount Per Serving	% Daily Value
Calories	10	
Total Carbohydrate	2 g	<1%*
Turmeric (<i>Curcuma longa</i>) root extract	48 mg	†
Curcumin	45 mg	†
Proprietary Extract Blend	1,371 mg	†
Organic Valerian root (<i>Valeriana officinalis</i>), Kava (<i>Piper methysticum</i>) root, Organic Turmeric (<i>Curcuma longa</i>) root, Wild Lettuce aerial parts, Jamaican Dogwood (<i>Piscidia piscipula</i>) bark, Organic Feverfew (<i>Tanacetum parthenium</i>) aerial parts		
Black Pepper (<i>Piper nigrum</i>) fruit supercritical CO ₂ extract	15 mg	†
Organic Ginger (<i>Zingiber officinale</i>) 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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Each 3 capsules contains 9,650 mg dry herb equivalent.

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GLUTEN-FREE
SOY-FREE



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