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SUGGESTED USE

Adults take 1 teaspoon daily between
meals, mixed in 4-6 oz of water. Gradually
increase to 1 tablespoon daily.

Not for use during pregnancy. If you have a medical
condition or take medications, please consult with your
doctor before use. **Store away from children.** Keep
bottle capped at all times and store in a cool, dry place.

⚠ WARNING: Reproductive Harm -
www.P65Warnings.ca.gov/food

*** 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.**

gaia
HERBS



Microbiome Food

Plant-based prebiotic for digestive health*
Made with organic Acacia, Fenugreek & Cinnamon



HERBAL SUPPLEMENT | NET WT 4.44 oz (126 g) | VEGAN & GLUTEN-FREE

Supplement Facts

Serving Size 1 Tablespoon (7 g) Servings Per Container 18

Amount Per Serving % Daily Value

Calories	25	
Total Carbohydrate	6 g	2%*
Dietary Fiber	3 g	10%*
Soluble Fiber	2 g	
Insoluble Fiber	<1 g	
Calcium	55 mg	4%
Iron	<1 mg	3%
Sodium	20 mg	<1%
Larch gum extract	1,664 mg	†

Amount Per Serving % Daily Value

Organic Acacia (<i>Acacia senegal</i>) gum	1,343 mg	†
Organic Acerola (<i>Malpighia glabra</i>) fruit extract	1,110 mg	†
Organic Inulin (from <i>Agave tequilana</i> heart)	848 mg	†
Organic Fenugreek seed	505 mg	†
Harmonizing Digestive Blend	1,319 mg	†

Organic Cinnamon bark, Organic Ginger (*Zingiber officinale*) root,
Organic Marshmallow (*Althaea officinalis*) root

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

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Certified Organic by Oregon Tilth

