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## SUGGESTED USE

Adults take 1 teaspoon once daily mixed  
into any milk or smoothie of your choice.

Not for use during pregnancy or lactation. If you  
have a medical condition or take medications,  
please consult with your doctor before using  
this product. **Keep away from children.** Store  
out of direct sunlight and in a cool, dry place.

**\* 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.**



gaia  
HERBS



# Mind Spring™

With Lion's Mane, Turmeric & Ginkgo  
Traditionally taken for brain health & recall\*



HERBAL SUPPLEMENT | NET WT 3.53 oz (100 g) | VEGAN & GLUTEN-FREE

[101b] 0819

Manufactured for: Gaia Herbs, Inc., 101 Gaia Herbs Dr., Brevard, NC 28712  
Certified Organic by Oregon Tilth

## Supplement Facts

Serving Size 1 Teaspoon (2.2 g)  
Servings Per Container about 45

|                    | Amount Per Serving | % Daily Value |
|--------------------|--------------------|---------------|
| Calories           | 10                 |               |
| Total Carbohydrate | 2 g                | <1%*          |
| Dietary Fiber      | <1 g               | 3%*           |
| Iron               | 1 mg               | 8%            |

|                                                                                                                                                                                                                                                                                                                                                                                 | Amount Per Serving | % Daily Value |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------|---------------|
| Proprietary Herbal Blend                                                                                                                                                                                                                                                                                                                                                        | 2.2 g              | †             |
| Organic Turmeric ( <i>Curcuma longa</i> ) root, Organic Lion's Mane ( <i>Hericium erinaceus</i> ) fruiting body extract, Organic Reishi fruiting body extract, Organic Gotu Kola ( <i>Centella asiatica</i> ) aerial parts, Organic Ginkgo ( <i>Ginkgo biloba</i> ) leaf, Organic Holy Basil ( <i>Ocimum sanctum</i> ) leaf, Organic Black Pepper ( <i>Piper nigrum</i> ) fruit |                    |               |

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

