

SUGGESTED USE

Adults take 1 capsule 3 times daily between meals.

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.** 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.

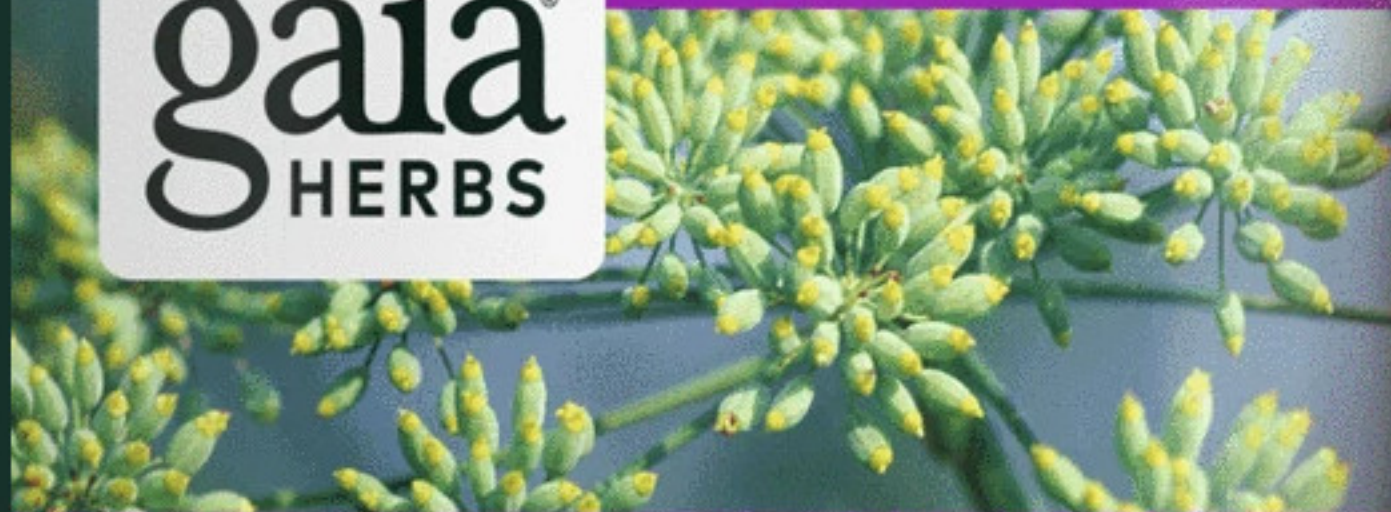


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gaia[®]
HERBS

NEW LOOK, SAME FORMULA



WOMEN

Lactation Support

Supports healthy production of breast milk with Fenugreek & Fennel seed*

120

VEGAN LIQUID PHYTO-CAPS[®]
HERBAL SUPPLEMENT

Supplement Facts

Serving Size 1 Capsule
Servings Per Container 120

	Amount Per Serving	% Daily Value
Total Carbohydrate	<1 g	<1%*
Proprietary Extract Blend	432 mg	†
Organic Fenugreek (<i>Trigonella foenum-graecum</i>) seed, Organic Marshmallow (<i>Althaea officinalis</i>) root extract, Organic Fennel (<i>Foeniculum vulgare</i>) seed, Organic Raspberry (<i>Rubus idaeus</i>) leaf, Organic Blessed Thistle (<i>Cnicus benedictus</i>) aerial parts		

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

† Daily Value not established.

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

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

Each capsule contains 1,115 mg dry herb equivalent.

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* 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.