

SUGGESTED USE

Adults take 1 capsule 2 times daily.

Not for use during pregnancy or lactation. 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.



gaia[®]
HERBS

EST 1987

NEW LOOK, SAME FORMULA



STRESS SUPPORT*

ASHWAGANDHA ROOT

Supports balanced energy and
resistance to stress*

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	350 mg	†
Organic Ashwagandha (<i>Withania somnifera</i>) root, Ashwagandha (<i>Withania somnifera</i>) root extract		
Withanolides	2.5 mg	†

* 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 2,700 mg dry herb equivalent.



gaiaherbs.com / [@gaiaherbs](https://www.instagram.com/gaiaherbs)

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* 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.