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SUGGESTED USE

Adults take 1 teaspoon once daily mixed
in water or any beverage 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



Everyday Adaptogen™

With Cordyceps, Rhodiola & Ashwagandha
Supports the health of physically active individuals*



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

[102] 1219

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

Supplement Facts

Serving Size 1 Teaspoon (2.6 g) Servings Per Container about 38

	Amount Per Serving	% Daily Value
Calories	10	
Total Carbohydrate	2 g	<1%*
Dietary Fiber	<1 g	2%*
Total Sugars	<1 g	†
Iron	0.5 mg	3%

	Amount Per Serving	% Daily Value
Proprietary Herbal Blend	2.6 g	†
Organic Maca (<i>Lepidium meyenii</i>) root, Organic Astragalus (<i>Astragalus membranaceus</i>) root, Organic Cordyceps (<i>Cordyceps militaris</i>) fruiting body extract, Organic Rhodiola (<i>Rhodiola rosea</i>) root extract, Organic Shiitake (<i>Lentinus edodes</i>) fruiting body extract, Organic Ashwagandha (<i>Withania somnifera</i>) root, Organic Schisandra (<i>Schisandra chinensis</i>) berry		

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

† Daily Value not established.