

gaia[®]
HERBS

NEW LOOK
SAME FORMULA



WOMEN

Fenugreek Seed

Helps support healthy breast milk production*

A traditional lactation aid used by midwives & doulas*

60

VEGAN LIQUID PHYTO-CAPS[®]
HERBAL SUPPLEMENT

Supplement Facts

Serving Size 3 Capsules

Servings Per Container 20

	Amount Per Serving	% Daily Value
Calories	10	
Total Carbohydrate	2 g	<1%*
Organic Fenugreek (<i>Trigonella foenum-graecum</i>) seed	1,170 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 3 capsules contain 6,700 mg dry herb equivalent.

SUGGESTED USE

Adults take 2-3 capsules 2 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.

* 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.



meetyourherbs.com

Gaia Herbs delivers unprecedented traceability by screening every product and sharing the results online. See for yourself, and learn more about your herbs, by entering the unique ID # below at meetyourherbs.com.

VEGAN
GLUTEN-FREE
SOY-FREE

Certified



Corporation

BEST BY:

Gaia Farm, Brevard NC



Connecting Plants & People Since 1987

PURITY - Keep it Clean

All products are screened for pesticides, microbes & heavy metals.

INTEGRITY - Keep it Real

See the proof at meetyourherbs.com, the world's first herb traceability platform.

POTENCY - Keep it Strong

Concentrated plant extracts are delivered in our patented Phyto-Caps[®] technology.

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