

gaia[®]
HERBS

USDA
ORGANIC

Lactation Support

HERBAL TEA

Supports healthy production
of breast milk*

With Goat's Rue, Fenugreek
& Fennel

16 CAFFEINE-FREE TEA BAGS

HERBAL SUPPLEMENT NET WEIGHT 1.13 oz (32 g)

Supplement Facts

Serving Size 1 Tea Bag
Servings Per Container 16

	Amount Per Serving	% Daily Value
Calories	5	
Dietary Fiber	<1 g	3%*
Organic Fennel (<i>Foeniculum vulgare</i>) fruit	900 mg	†
Organic Goat's Rue (<i>Galega officinalis</i>) aerial parts	300 mg	†
Organic Fenugreek (<i>Trigonella foenum-graecum</i>) seed	300 mg	†
Organic Stinging Nettle (<i>Urtica dioica</i>) leaf	200 mg	†
Organic Lemon Balm (<i>Melissa officinalis</i>) leaf	200 mg	†
Organic Marshmallow (<i>Althaea officinalis</i>) root	100 mg	†

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

† Daily Value not established.

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

Certified Organic by Oregon Tilth

Manufactured for Gaia Herbs by Aboca S.p.A. – Italy

PRODUCT OF ITALY

SUGGESTED USE

Adults pour 1 cup of freshly boiled water over tea bag. Cover and steep for 10 minutes. Drink daily as needed.

Not for use during pregnancy. If you have diabetes, a medical condition or take medications, please consult with your doctor before use. **Store away from children.**

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 # to the right at meetyourherbs.com.

* 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.

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

Foil-lined pouches preserve the strength and flavor of our traditional herbal blends.

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Certified



A partnership of mutual beliefs

This tea is produced in Tuscany, Italy, by Aboca, the herbal supplement leader in Europe since 1978. Gaia Herbs' partnership with Aboca is born from a mutual belief in sustainable product development, dedication to quality and a deep respect for science and nature working in harmony.

Aboca