

gaia[®]
HERBS

WOMEN

Nighttime Comfort

Maintains healthy hormonal
balance during menopause*

Supports a restful night
of sleep*

60

VEGAN LIQUID PHYTO-CAPS[®]
HERBAL SUPPLEMENT

Supplement Facts

Serving Size 2 Capsules
Servings Per Container 30

	Amount Per Serving	% Daily Value
Calories	5	
Total Carbohydrate	1 g	<1%*
Proprietary Extract Blend	600 mg	†
Mimosa Tree (<i>Albizia julibrissin</i>) bark, Organic Passionflower (<i>Passiflora incarnata</i>) flowering vine		
Black Cohosh (<i>Actaea racemosa</i>) root extract	420 mg	†
St. John's Wort (<i>Hypericum perforatum</i>) aerial parts extract	120 mg	†

* Percent Daily Values are based on a 2,000 calorie diet.
† Daily Value not established.

Other ingredients: Vegetable glycerin, sunflower
lecithin, water and vegan capsule (hypromellose).
Gaia Herbs, Inc., 101 Gaia Herbs Drive, Brevard, NC 28712

SUGGESTED USE

Adults take 2 capsules 1 hour before bed. Best
results obtained after 1 month of use.

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.



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



BEST BY:

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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* 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.