

gaia[®]
HERBS

NEW LOOK
SAME FORMULA



SLEEP SUPPORT*

Sleep & Relax[™]

Promotes a sense of calm
and helps prepare your body
for a good night's rest*

With Lavender, Lemon Balm
& Passionflower

50

VEGAN CAPSULES
HERBAL SUPPLEMENT

Supplement Facts

Serving Size 2 Capsules
Servings Per Container 25

Amount Per Serving

Organic Passionflower leaf freeze-dried extract	387 mg†
Organic Valerian root	203 mg†
Organic Valerian root freeze-dried extract	87 mg†
Proprietary Blend	290 mg†
Organic Lemon Balm leaf, Organic Lemon Balm leaf freeze-dried extract, Organic California Poppy aerial parts, Organic California Poppy aerial parts freeze-dried extract, English Lavender flower essential oil, Sweet Marjoram aerial parts essential oil	

† Daily Value not established.

Other ingredients: Vegan capsule (hypromellose).

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 take 2 capsules 1 hour before bed.

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.

* 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. Learn
more about your herbs by entering the
unique ID # below at meetyourherbs.com.

VEGAN
GLUTEN-FREE
SOY-FREE

Certified



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 herbal extracts are delivered in a
convenient, easy-to-swallow capsule.

Discover our Guiding Truths at:

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

A partnership of mutual beliefs

Sleep & Relax[™] 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