



NEW LOOK
SAME FORMULA



SLEEP SUPPORT*

Sound Sleep®

Supports natural transition
to sleep for occasional
sleepless nights*

With Kava root, Passionflower
& Gaia-grown™ California
Poppy & Skullcap

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%*
Proprietary Extract Blend	1,296 mg	†

Organic Passionflower (*Passiflora incarnata*) flowering vine,
Organic Skullcap (*Scutellaria lateriflora*) aerial parts extract,
Kava (*Piper methysticum*) root, Organic Valerian (*Valeriana
officinalis*) root, Organic California Poppy (*Eschscholzia
californica*) whole plant, Organic Vervain aerial parts, Organic
Hops (*Humulus lupulus*) strobile, Organic Gotu Kola (*Centella
asiatica*) leaf

* 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 2,900 mg dry herb equivalent.

SUGGESTED USE

Adults take 2-3 capsules 1 hour before bed. Maximum
time of use 1 month.

Caution: US FDA advises that a potential risk of rare but severe liver injury may be
associated with kava-containing dietary supplements. Do not take if you have or have
had liver problems, drink alcohol or take any medications. If you have a medical
condition, use under the advice of a health practitioner. Stop use and see a doctor if
you develop symptoms that may signal liver problems, including jaundice (yellowing of
the skin or whites of the eyes) and brown urine. Other nonspecific symptoms can
include nausea, vomiting, light colored stools, unexplained tiredness, weakness,
stomach or abdominal pain, and loss of appetite. Not for use by persons under 18 years
of age, or by pregnant or breastfeeding women. **Store away from children.** Not for use
with alcoholic beverages. Excessive use, or use with products that cause drowsiness,
may impair ability to operate a vehicle or heavy equipment. 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.



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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

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microbes & heavy metals.

INTEGRITY - Keep it Real

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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.