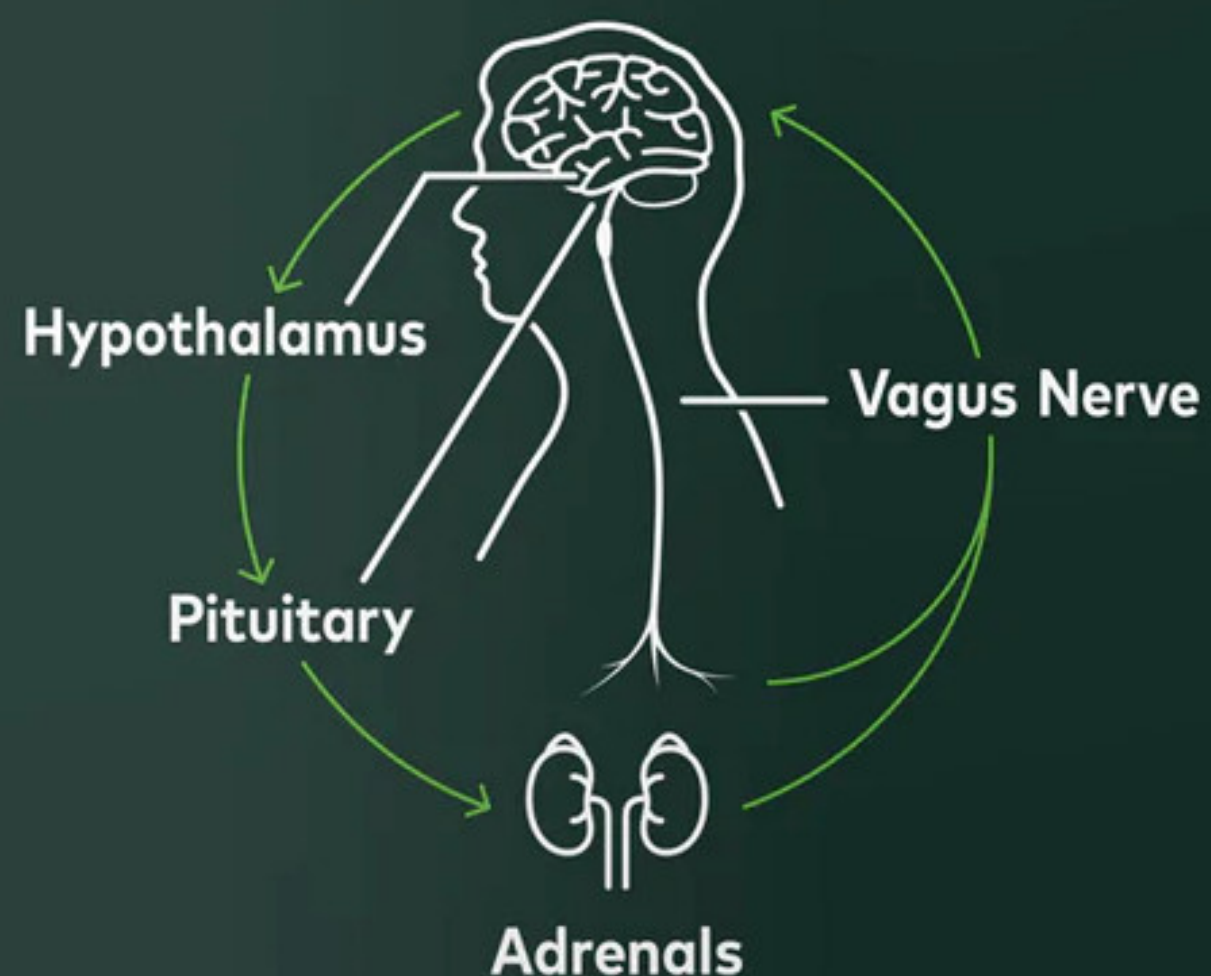


## AMAZING ADAPTOGENS

Adaptogenic herbs get their name from their ability to help you *adapt* to and find balance amidst life's challenges.\* They read your body's needs in tense times and smooth out its stress response cycle so you can cope in a healthy way.\*

### STRESS & NERVOUS SYSTEM RESPONSE



Discover our Guiding Truths at:



## THE GAIA DIFFERENCE

- ✔ Sustainably sourced
- ✔ Extracted without harsh solvents
- ✔ 6 distinct quality tests



[meetyourherbs.com](https://meetyourherbs.com)

Gaia Herbs delivers unprecedented traceability by screening every product and sharing results online. To learn more, enter the unique ID # below at [meetyourherbs.com](https://meetyourherbs.com).

BEST BY:

gaia<sup>®</sup>  
HERBS

EST 1987

NEW LOOK  
SAME FORMULA

STRESS SUPPORT\*

## ASHWAGANDHA ROOT

Supports balanced energy and resistance to stress\*



CONCENTRATED  
FORMULA



FULL  
SPECTRUM

60 VEGAN LIQUID PHYTO-CAPS<sup>®</sup>  
HERBAL SUPPLEMENT

## Supplement Facts

Serving Size 1 Capsule  
Servings Per Container 60

|   | Amount<br>Per Serving | % Daily<br>Value |
|---|-----------------------|------------------|
| Total Carbohydrate  | <1 g                  | <1%*             |
| Proprietary Extract Blend   | 350 mg                | †                |
| Organic Ashwagandha ( <i>Withania somnifera</i> ) root,<br>Ashwagandha ( <i>Withania somnifera</i> ) root extract |                       |                  |
| Withanolides  | 2.5 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 capsule contains 2,700 mg dry herb equivalent.

## SUGGESTED USE

Adults take 1 capsule 2 times daily.

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. 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.