



meetyourherbs.com

Track this product by entering
the ID# at meetyourherbs.com

SUGGESTED USE

Adults take 1 teaspoon once daily mixed
into any warm milk of your choice.

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. Store out of direct
sunlight and in a cool dry place.

VEGAN
GLUTEN-FREE
SOY-FREE
NON-GMO

gaiaherbs.com
[@gaiaherbs](https://twitter.com/gaiaherbs)

Certified



Corporation



gaia[®]
HERBS



Golden Milk

Made with Organic Turmeric,
Ashwagandha & Dates



HERBAL SUPPLEMENT | NET WT 4.3 oz (123 g) | VEGAN & DAIRY-FREE

Supplement Facts

Serving Size 1 Teaspoon (3.5 g)
Servings Per Container about 35

Amount Per Serving % Daily Value

Calories 15

Total 3 g 1%*

Carbohydrate

Total Sugars <1 g †

Amount Per Serving % Daily Value

Golden Milk Vegan Blend 2,219 mg †

Turmeric (*Curcuma longa*) root ▲, Date Palm (*Phoenix
dactylifera*) fruit ▲, Cardamom (*Elettaria cardamomum*)
seed ▲, Ashwagandha (*Withania somnifera*) root ▲, Vanilla
(*Vanilla planifolia*) bean ▲, Black Pepper (*Piper nigrum*) fruit ▲

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

† Daily Value not established.

Other ingredients: Organic rice maltodextrin (non-GMO), organic dried rice syrup. ▲ = Organic Ingredient

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

Certified Organic by Oregon Tilth

WARNING: Reproductive Harm -
www.P65Warnings.ca.gov/food