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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

Foil-lined pouches preserve the strength and flavor of our traditional herbal blends.

Discover our Guiding Truths at:



A partnership of mutual beliefs

This tea 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.



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 # to the right at meetyourherbs.com.

* THIS STATEMENT HAS NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.

gaia
HERBS



Natural Laxative
HERBAL TEA

An aromatic brew that provides
gentle overnight relief
from occasional constipation*

With organic Senna & Licorice

16 CAFFEINE-FREE TEA BAGS

HERBAL SUPPLEMENT NET WEIGHT 1.24 oz (35.2 g)

Supplement Facts

Serving Size 1 Tea Bag
Servings Per Container 16

	Amount Per Serving	% Daily Value
Calories	5	
Total Carbohydrate	< 1 g	<1%*
Dietary Fiber	< 1 g	3%*
Organic Senna (<i>Senna alexandrina</i>) leaf	1,500 mg	†
Organic Caraway (<i>Carum carvi</i>) fruit	330 mg	†
Organic Licorice (<i>Glycyrrhiza glabra</i>) root	150 mg	†
Organic Fennel (<i>Foeniculum vulgare</i>) fruit	132 mg	†
Organic Rooibos (<i>Aspalathus linearis</i>) leaf	66 mg	†
Organic Lemon Balm (<i>Melissa officinalis</i>) leaf	10 mg	†
Organic High Mallow (<i>Malva sylvestris</i>) leaf	10 mg	†
Fennel (<i>Foeniculum vulgare</i>) fruit essential oil	2 mg	†

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

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 pour 1 cup of freshly boiled water over tea bag. Cover and steep for 10 minutes. Drink 1 cup as needed before bed. Maximum time of use 10 days.

If you have a medical condition or take medications, please consult with your doctor before using this product. Licorice should not be used if you have kidney or liver disease, hypertension, edema or potassium depletion. Not for use during pregnancy or lactation. Store away from children.

NOTICE: This product contains Senna. Read and follow directions carefully. Do not use if you have or develop diarrhea, loose stools, or abdominal pain because Senna may worsen these conditions and be harmful to your health. Consult your physician if you have frequent diarrhea, taking medication, or have a medical condition. Do not take if pregnant or nursing.