



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 plant extracts are delivered in our patented Phyto-Caps® technology.

Discover our Guiding Truths at:



* 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



Corporation

BEST BY:

gaia
HERBS

NEW & IMPROVED
FORMULA



SLEEP SUPPORT*

Sound Sleep®

Melatonin-free support for occasional sleepless nights*

Gaia-grown™ California Poppy & Skullcap

30

VEGAN LIQUID PHYTO-CAPS®
HERBAL SUPPLEMENT

Supplement Facts

Serving Size 3 Capsules

Servings Per Container 10

	Amount Per Serving	% Daily Value
Calories	10	
Total Carbohydrate	2 g	<1%*
Proprietary Extract Blend	1,731 mg	†

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

* 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 4.350 mg dry herb equivalent.

SUGGESTED USE

Adults take 2-3 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. Natural separation may occur. This does not affect product quality.