

Suggested Use

Adults take 1.5 teaspoons daily.
Add to your favorite milk or
smoothie. Mix well and enjoy!
Also try *TurmericBoost Restore*
for everyday whole body support.*

Not to be used during pregnancy or lactation. If you have a medical condition or take medications, please consult with your doctor before using this product. Keep 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.

meet your herbs®

Track the purity, integrity and
potency of this product by entering
the ID# at GaiaHerbs.com

Brighten your mood and enliven your body*

TurmericBoost Uplift supports a joyful
outlook on life.* Mixing whole food
Turmeric with extracts of Turmeric
and Black Pepper help your body
absorb Turmeric's benefits, like
promoting a healthy inflammatory
response.* Support a centered,
peaceful feeling with Lemon Balm
and Gotu Kola, plus a delicious
prebiotic blend that promotes healthy
intestinal flora.*

Vegan. Unsweetened.
Find recipes at GaiaHerbs.com/Recipes

* 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.

gaia
HERBS

Made with
Real Vanilla Chai

turmeric boost



uplift

Support for mind,
body and spirit*

DIETARY SUPPLEMENT NET WT 5.29 oz (150 g)

Supplement Facts

Serving Size 4.5 g (Approx. 1.5 Teaspoons)
Servings Per Container About 33

	Amount Per Serving	% Daily Value		Amount Per Serving	% Daily Value
Calories	15		Real Vanilla Chai Prebiotic Blend	2,860 mg	†
Total Carbohydrate	4 g	1%*	FOS (fructooligosaccharides) †, Organic		
Dietary Fiber	1 g	4%*	Cardamom seed powder (<i>Elettaria cardamomum</i>),		
Curcumin Synergy™ Blend	738 mg	†	Allspice berry powder † (<i>Pimenta dioica</i>), Organic		
Organic Turmeric root powder (<i>Curcuma longa</i>),			Cinnamon bark powder, Ginger root powder †		
Turmeric root extract † (<i>Curcuma longa</i>)			(<i>Zingiber officinale</i>), Organic Vanilla bean powder		
(delivering 42mg Curcumins from Turmeric)			(<i>Vanilla planifolia</i>), Organic Star Anise pods powder		
Gotu Kola leaf † (<i>Centella asiatica</i>)	489 mg	†	(<i>Microm verum</i>), Holy Basil leaf extract †		
Lemon Balm leaf † (<i>Melissa officinalis</i>)	403 mg	†	(<i>Ocimum sanctum</i>)		
Black Pepper fruit supercritical extract	12 mg	†			
† (<i>Piper nigrum</i>)					

† = Ecologically Harvested
Manufactured for: Gaia Herbs, Inc.
101 Gaia Herbs Drive, Brevard, NC 28712

WARNING: This product contains a chemical known to the State of California to cause birth defects or other reproductive harm.

