

## 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](http://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](http://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.

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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<br>Per Serving | % Daily<br>Value |                                                               | Amount<br>Per Serving | % Daily<br>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>Mlicum 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.  
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