

gaia[®]
HERBS

Made with
Real Vanilla Chai

turmeric boost



uplift

Support for mind,
body and spirit*

Quick, Easy & Delicious Recipes
at GaiaHerbs.com/Recipes

DIETARY SUPPLEMENT

NET WT 0.16 oz (4.5 g)

Supplement Facts

Serving Size 1 Packet (4.5 g)
Servings Per Container 1

	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>Pinus taeda</i>),		
Organic Turmeric root powder (<i>Curcuma longa</i>),			Organic Cinnamon bark powder, Ginger root		
Turmeric root extract † (<i>Curcuma longa</i>)			powder † (<i>Zingiber officinale</i>), Organic Vanilla bean		
(delivering 42mg Curcumin from Turmeric)			powder (<i>Vanilla planifolia</i>), Organic Star Anise pods		
Gotu Kola leaf † (<i>Centella asiatica</i>)	489 mg	†	powder (<i>Illicium 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>)					

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

† = Ecologically Harvested

Manufactured for: Gaia Herbs, Inc.
101 Gaia Herbs Drive, Breward, NC 28712

Suggested Use

Adults take 1 packet daily. Add to your favorite milk or smoothie. Mix well and enjoy! Also try TurmericBoost Restore for everyday whole body support.* Vegan. Unsweetened.

meet your herbs[®]

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

* 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.

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.

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



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