

Adrenal Health®

Stress is at the heart of many health conditions. When the body is stressed, your capacity to adapt is reduced, which can wreak havoc on the immune, nervous and inflammatory pathways. Optimizing adrenal gland function is essential to combating stress. Adrenal Health provides nourishment to the adrenals, enabling the body to adapt to stress in a healthy way.*

Suggested Use

Adults take 2 capsules 2 times daily after meals

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. Natural separation may occur. This does not affect product quality.

Holy Basil

gaia[®]
HERBS

VALUE
SIZE

SystemSupport™

Adrenal
Health®

Promotes healthy
response to stress†

meetyourherbs®

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VEGETARIAN LIQUID PHYTO-CAPS®
DIETARY SUPPLEMENT

BEST BY

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Supplement Facts

Daily Serving Size 2 Capsules

Servings Per Container 30

AMOUNT PER SERVING

Calories 20

Siberian Rhodiola root extract †
[Rhodiola rosea] 126 mg†

[6 mg† Rosavins]

Holy Basil leaf † Supercritical CO₂ extract
[Ocimum sanctum] 90 mg †
[3.86 mg† total Eugenols]

PROPRIETARY EXTRACT BLEND 520 mg†

Ashwagandha root † [Withania somnifera], Wild
Oats milky seed fresh ▲ [Avena sativa], Holy
Basil leaf ▲ [Ocimum sanctum], Schisandra
berry † [Schisandra chinensis]

† Daily Value not established.

Other ingredients: Vegetable glycerin, capsule (vegetable cellulose)

▲ = Certified Organic Ingredient † = Ecologically Harvested

Each 2 capsules contain 5,500 mg dry herb equivalent



gaia[®]
HERBS

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*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.