

Single Herbs

Individual herbs in their vibrant, natural form support each person uniquely.* Gaia Herbs' Single herbs contain concentrated extracts of an individual herb, to deliver nature's vitality to you.*

Ashwagandha Root

When the body is stressed, the immune and nervous systems can be affected, leaving a person depleted. Adaptogenic herbs such as Ashwagandha help nourish and restore optimal nervous and immune system health by normalizing mood, energy levels, and overall immune function.* Gaia Herbs uses Ashwagandha root with guaranteed levels of active withanolides.

The Gaia Difference



Liquid potency, easy absorption
Alcohol-free Liquid Phyto-Caps®
U.S. Patent No. 6,238,696 B1



**100% vegetarian, dairy free,
no gluten-containing ingredients**
Easily digestible plant-derived capsule



Laboratory tested for purity
Free of heavy-metal toxicity

Suggested Use

Adults take 1 capsule 2 times daily.

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.

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Ashwagandha Root

For a healthy immune
& stress response*

Promotes immune vitality*
Revitalizing Ayurvedic herb*

Normalizes energy & mood*
Full spectrum potency

meet your herbs®
SEE BACK OF BOX TO LEARN HOW

60 VEGETARIAN LIQUID PHYTO-CAPS®
DIETARY SUPPLEMENT

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Each 1 capsule contains 2,700 mg dry herb equivalent.

Supplement Facts

Serving Size 1 Capsule
Servings Per Container 60

AMOUNT PER SERVING

Calories 5

Ashwagandha root extract ▲ (Withania somnifera)	183mg†
Ashwagandha root extract ♦ (Withania somnifera)	167mg†
(2.5 mg† withanolides from total EIOH Extract)	

†Daily Value not established.

Other ingredients: Vegetable glycerin, capsule (vegetable cellulose)

▲ = Certified Organic Ingredient

♦ = Ecologically Harvested

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HERBS

101 Gaia Herbs Dr., Brevard, NC 28712
www.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.

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gaia® plant
HERBS intelligence®

GAIA FARM
BREVARD, NC

Over 40 crops are grown each year on our certified organic farm. 250 fragrant acres of Valerian, Echinacea, Holy Basil, Hawthorn, Nettles, and more grace our valley. Each plant thrives naturally here, in one of the most fertile bioregions in the world.

meet your herbs®

Track the life story of each herb in your bottle by entering its ID# at GaiaHerbs.com.

PURITY: Trace the origin of each herb back to its source.

INTEGRITY: See analytical results for this product.

POTENCY: Validate each herb's full phytochemical complex.



Gaia Herbs makes conscious choices to keep our planet healthy. This carton is made from 100% recycled paperboard, including at least 35% post consumer material. Our amber glass bottles contain at least 30% recycled content.



BEST BY:

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Brevard, NC 28712
GaiaHerbs.com

E12002
(2013) 588-711-1012

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