

Single Herbs

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

Black Cohosh

Black Cohosh has a long history of use — now backed by scientific evidence — for helping support a healthy female reproductive system.* Each serving of Gaia's Black Cohosh Liquid Phyto-caps contains a guaranteed 2 mg of active Triterpene Glycosides. Taken as needed, Black Cohosh can help support a woman's body during natural transitional hormonal states.*

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 between 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. Safely 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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gaia[®]
HERBS

Single Herbs

Black Cohosh

Healthy female reproductive function*

Supports natural transitions*
Black Cohosh: 400 mg extract

Full spectrum potency
Triterpene Glycosides: 2 mg

meet your herbs[®]
SEE BACK OF BOX TO LEARN HOW

60 VEGETARIAN LIQUID PHYTO-CAPS[®]
DIETARY SUPPLEMENT

gaia[®]
HERBS

Single Herbs

Black Cohosh

Healthy female reproductive function*

meet your herbs[®]
Enter ID # at GaiaHerbs.com

60 VEGETARIAN LIQUID PHYTO-CAPS[®]
DIETARY SUPPLEMENT

BEST BY
Enter ID# at GaiaHerbs.com

Supplement Facts

Serving Size 1 Capsule
Servings Per Container 60

Amount Per Serving

Calories	5
Black Cohosh root extract ▲ (Actaea racemosa) (2 mg† Triterpene Glycosides)	400 mg†

†Daily Value not established

Other ingredients: Vegetable glycerin, lecithin (non-GMO), water, and capsule (vegetable cellulose)

▲ = Organic Ingredient

Gaia Herbs, Inc. www.gaiaherbs.com
101 Gaia Herbs Dr., Brevard, NC 28712

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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.

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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:

gaia[®] plant intelligence[®]
HERBS

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.