

SystemSupport™

Addressing the root cause of a systemic imbalance can restore your vitality. Gaia Herbs' SystemSupport™ products help naturally restore your body's harmony and balance.*

Glycemic Health®

Because every cell relies on glucose to function, maintaining healthy blood sugar levels is essential for the health of all body systems. Glycemic Health® features a unique blend of herbs such as Bitter Melon, Cinnamon, and Fenugreek. Considerable research has shown these herbs help maintain healthy levels of blood sugar that are already within normal range when used with a healthy diet.*

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 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.*

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gaia
HERBS

SystemSupport™

Glycemic Health®

**Helps maintain healthy
blood sugar levels***

Supports glycemic balance*
Cinnamon bark & Bitter Melon

Antioxidant support*
Turmeric root

meetyourherbs®
SEE BACK OF BOX TO LEARN HOW

60 VEGETARIAN LIQUID PHYTO-CAPS®
DIETARY SUPPLEMENT

gaia
HERBS

SystemSupport™

Glycemic Health®

**Helps maintain healthy
blood sugar levels***

meetyourherbs®
Enter ID # at GaiaHerbs.com

60 VEGETARIAN LIQUID PHYTO-CAPS®
DIETARY SUPPLEMENT

BEST BY
Enter ID# at GaiaHerbs.com

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Each 2 capsules contain 4,000 mg dry herb equivalent.

Supplement Facts

Serving Size 2 Capsules
Servings Per Container 30

AMOUNT PER SERVING

Calories 10

PROPRIETARY EXTRACT BLEND 866 mg†

Bitter Melon fruit ♦ (Momordica charantia),
Fenugreek seed ▲ (Trigonella foenum-graecum),
Turmeric root ▲ (Curcuma longa), Cinnamon bark
▲ (Cinnamomum spp.), Ginger root ▲ (Zingiber
officinale), Jambul seed ♦ (Syzygium cumini)

†Daily Value not established.

Other ingredients: Vegetable glycerin, capsule
(vegetable cellulose)

▲ = Certified Organic Ingredient
♦ = Ecologically Harvested

Each capsule contains 4000 mg dry herb equivalent.

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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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Each 2 capsules contain 4,000 mg dry herb equivalent.



gaia
HERBS

Gaia Herbs, Inc.,
101 Gaia Herbs Dr.,
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GaiaHerbs.com

AS4001 v4
(307) 696-1012

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HERBS plant
intelligence®

GAIA FARM
BREVARD, NC

On-site at Gaia Herbs 250-acre certified organic farm is our 45,000-square-foot certified organic manufacturing facility and analytical laboratory.

Here, we test our herbs' natural chemistry as they grow, allowing us to harvest at peak potency.

meetyourherbs®

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: