

Suggested Use

Adults take 3 capsules after the evening meal.

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.

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**
Plant-derived capsule
-  **Laboratory tested for purity**
Free of heavy-metal toxicity

gaia
HERBS

Single Herbs

Milk Thistle Seed

Supports healthy liver function*

meet your herbs®
Enter ID # at GaiaHerbs.com

60 VEGETARIAN LIQUID PHYTO-CAPS®
DIETARY SUPPLEMENT

Enter ID# at GaiaHerbs.com

Supplement Facts

Serving Size 3 Capsules
Servings Per Container 20

Amount Per Serving

Calories	15
Milk Thistle seed extract † (Silybum marianum) (360 mg† Silymarins from Milk Thistle seed)	450 mg†

† Daily Value not established

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

† = Ecologically Harvested

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

Each 3 capsules contain 24,300 mg crude herb equivalent.



[007] 828-1114

*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

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.*

Milk Thistle Seed

Multiple studies suggest that Milk Thistle supports healthy liver function.* Gaia Herbs concentrates its Milk Thistle Seed extract under low temperature and low pressure to preserve the important phytochemical Silymarin. This constituent promotes healthy liver cell production and cholesterol metabolism in individuals with already normal cholesterol levels.*

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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

gaia
HERBS

Single Herbs

Milk Thistle Seed

Supports healthy liver function*

Aids in the detoxification process*
Total Silymarins: 360 mg

Milk Thistle seed
Naturally extracted & concentrated

meet your herbs®
SEE BACK OF BOX TO LEARN HOW

60 VEGETARIAN LIQUID PHYTO-CAPS®
DIETARY SUPPLEMENT

Milk Thistle

Supplement Facts

Serving Size 3 Capsules
Servings Per Container 20

Amount Per Serving

Calories	15
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Other ingredients: Vegetable glycerin, lecithin (non-GMO), water, and capsule (chlorophyll vegetable cellulose)

† = Ecologically Harvested

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

Each 3 capsules contain 24,300 mg dry herb equivalent.

Suggested Use

Adults take 3 capsules after the evening meal.

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gaia
HERBS | plant 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.