

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. 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



Nettle

gaia
HERBS

Single Herbs

Nettle Leaf

Supports a healthy
inflammatory response*

meet your herbs®
Enter ID # at GaiaHerbs.com

 VEGETARIAN LIQUID PHYTO-CAPS®
DIETARY SUPPLEMENT

BEST BY
Enter ID# at GaiaHerbs.com




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.*

Nettle Leaf

Nettle Leaf has a long history of use for modulating the body's inflammatory pathways and supporting upper respiratory health. Gaia Herbs' Nettle Leaf is a concentrated extract of nettles grown on Gaia's own certified organic farm. Nettle leaf has been traditionally used to initiate a positive response to inflammation.*

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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

gaia
HERBS

Single Herbs

Nettle Leaf

Supports a healthy
inflammatory response*

Supports natural histamine levels*
Gaia Farm Nettle leaf

Upper respiratory system support*
Promotes healthy mucous membranes*

meet your herbs®
SEE BACK OF BOX TO LEARN HOW

 VEGETARIAN LIQUID PHYTO-CAPS®
DIETARY SUPPLEMENT



Nettle

Supplement Facts

Serving Size 2 Capsules
Servings Per Container 30

AMOUNT PER SERVING

Calories 10

Nettle leaf extract ▲ (Urtica dioica) 450 mg†

†Daily Value not established.

Other ingredients: Vegetable glycerin, capsule (vegetable cellulose)

▲ = Certified Organic Ingredient



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HERBS

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

A14002
8004 588-672-1012

*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.



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.



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www.gaiaherbs.com

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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.