

Suggested Use

Adults take 2 capsules 5 times daily for 2 days at onset. Repeat if necessary.

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



Echinacea

Quick Defense®

Echinacea research funded by the National Institutes of Health and conducted on the Gaia Herbs certified organic farm led to discoveries which revolutionized the science behind Echinacea and its ability to support immune function.* This proprietary knowledge became the foundation for Quick Defense®

By combining two Echinacea species with Elderberry, Ginger, and Andrographis, Gaia Herbs created a best-selling formula to support a healthy immune response at onset.* Consider Quick Defense® as an herbal essential for home, travel, or whenever immune support is needed.*

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Easily digestible plant-derived capsule
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gaia
HERBS

RapidRelief™

Quick
Defense®

Immune support
at onset*

meetyourherbs®

Enter ID # at GaiaHerbs.com

40 VEGETARIAN LIQUID PHYTO-CAPS[™]
DIETARY SUPPLEMENT

gaia
HERBS

RapidRelief™

Quick
Defense®

Immune support
at onset*

Fast-acting
Echinacea formula*

meetyourherbs®

SEE BACK OF BOX TO LEARN HOW

40 VEGETARIAN LIQUID PHYTO-CAPS[™]
DIETARY SUPPLEMENT

Best-
selling
Formula

Enter ID# at GaiaHerbs.com

Best-
selling
Formula

Supplement Facts	
Serving Size 2 Capsules	
Servings Per Container 20	
Amount Per Serving	
Calories	10
Echinacea Extract Blend	100 mg†
Echinacea purpurea root Supercritical extract † (Echinacea purpurea), Echinacea root angustifolia Supercritical extract † (Echinacea angustifolia) (10 mg of total alkylamides from combined supercritical extracts)	
Proprietary Extract Blend	598 mg†
Elderberry fruit juice concentrate † (Sambucus nigra), Andrographis leaf extract † (Andrographis paniculata), Ginger root Supercritical extract † (Zingiber officinale)	
†Daily Value not established	

Other ingredients: Vegetable glycerin, organic olive oil, capsule (chlorophyll vegetable cellulose), water
† = Organic Ingredient † = Ecologically Harvested
Gaia Herbs, Inc., 101 Gaia Herbs Dr., Brevard, NC 28712

Each 2 capsules contain 6,850 mg dry herb equivalent.



AS6003
[007] 808-0614

*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.



100% recycled paperboard, including at least 35% post consumer material. Our amber glass bottles contain at least 30% recycled content.



A56003
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meetyourherbs®

Meet Your Herbs® is the world's only traceability program for therapeutic herbal supplements. Ensure the safety and efficacy of this product while tracking the Seed-to-Shelf story of each herb in your bottle by entering its ID# at GaiaHerbs.com.

PURITY: Trace the origin of each herbal ingredient—where and how it was grown.

INTEGRITY: View the Certificate of Compliance and test results for this product.

POTENCY: See validation of each herb's full phytochemical complex.

Obtain the proof of the safety and efficacy of your product now!

View our Mission. Vision. Values. video and photos from our certified organic farm at GaiaHerbs.com/Mission

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Gaia Farm, North Carolina