

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. Rhodiola should not be taken by individuals with bipolar disorder. **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

Rhodiola Rosea

gaia
HERBS

Single Herbs

Rhodiola Rosea

Supports a healthy response to stress*

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
Siberian Rhodiola root extract † (Rhodiola rosea)	120 mg†
(6 mg† rosavins)	

†Daily Value not established.

Other ingredients: Vegetable glycerin, capsule [vegetable cellulose], water

‡ = Ecologically Harvested

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

Each capsule contains 850 mg dry herb equivalent.



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[006] 790-0714

*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.



A47001
[006] 790-0714

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.*

Rhodiola Rosea

Rhodiola is a potent herb that helps the body adapt to stress in a healthy way.* Ecologically harvested from the pristine alpine meadows of Siberia, Gaia Herbs' Rhodiola optimizes energy levels while promoting a healthy mood.* Each serving of Rhodiola Liquid Phytocaps is concentrated to contain 6 mg of active Rosavins, delivering guaranteed quality and potency.

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-  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

gaia
HERBS

Single Herbs

Rhodiola Rosea

Supports a healthy response to stress*

Supports optimal energy & mood*
Rhodiola Rosea: 120 mg extract

Ecologically harvested in pristine alpine meadows of Siberia

meet your herbs®

SEE BACK OF BOX TO LEARN HOW

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DIETARY SUPPLEMENT

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gaiaTM plant
HERBS 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.