

Suggested Use

Adults take 2 capsules 30 minutes before bed. For additional support, drink Sleep & Relax Herbal Tea in the evening.

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. 4,238,696 B1
- 100% vegetarian, dairy free,
no gluten-containing ingredients
Plant-derived capsule
- Laboratory tested for purity
Free of heavy-metal toxicity



Jujube berry

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SystemSupport™

SleepThru®

Supports restful sleep*

meetyourherbs®

Enter ID # at GaiaHerbs.com

60 VEGETARIAN LIQUID PHYTO-CAPS™
DIETARY SUPPLEMENT

BEST BY
Enter ID# at GaiaHerbs.com

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.

SleepThru®

Getting a complete night's sleep is essential to overall health. SleepThru® is a unique blend of herbs that supports restful sleep and healthy adrenal function.* When the body's stress pathways are naturally supported, one can rest more easily and consistently.* This formula promotes restorative sleep all night long, allowing you to feel refreshed upon waking.*

The Gaia Difference

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- 100% vegetarian, dairy free,
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Easily digestible plant-derived capsule
- Laboratory tested for purity
Free of heavy-metal toxicity

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HERBS

SystemSupport™

SleepThru®

Supports restful sleep*

Promotes healthy stress levels*
Magnolia & Ashwagandha extracts

Supports normal waking energy*
Ashwagandha & Jujube date

meetyourherbs®

SEE BACK OF BOX TO LEARN HOW

60 VEGETARIAN LIQUID PHYTO-CAPS™
DIETARY SUPPLEMENT

Wake up
during
the night?



Supplement Facts

Serving Size 2 Capsules	
Servings Per Container 30	
AMOUNT PER SERVINGS	
Calories 10	
PROPRIETARY EXTRACT BLEND:	940 mg†
Ashwagandha root ▲ (Withania somnifera),	
Magnolia bark ♦ (Magnolia officinalis),	
Passiflora flower vine ▲ (Passiflora	
incarnata), Jujube date fruit ♦ (Ziziphus jujuba)	
†Daily Value not established.	

Other ingredients:
Vegetable glycerin, capsule (vegetable cellulose)
▲ = Organic Ingredient
♦ = Ecologically Harvested
Each 2 capsules contain 2,450 mg dry herb equivalent.



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

1002 588-771-0813

*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.



[002] 588-771-0813

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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.



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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.