

Suggested Use

Adults take 2-3 capsules 1 hour before bed. Maximum time of use: one month.

Caution: US FDA advises that a potential risk of rash, but severe, liver injury may be associated with kava-containing dietary supplements. Do not take if you have, or have had, liver problems, drink alcohol, or take any medications. If you have a medical condition, use under the advice of a health practitioner. Stop use and see a doctor if you develop symptoms that may signal liver problems, including jaundice (yellowing of the skin or whites of the eyes) and brown urine. Other nonspecific symptoms can include nausea, vomiting, light-colored stools, unexplained tiredness, weakness, stomach or abdominal pain, and loss of appetite. Not for use by persons under 18 years of age, or by pregnant or breastfeeding women. **Keep away from children.** Not for use with alcoholic beverages. Excessive use, or use with products that cause drowsiness, may impair your ability to operate a vehicle or heavy equipment. 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.



gaia
HERBS

RapidRelief™

Sound
Sleep®

Aids in falling
asleep quickly*

30 VEGAN LIQUID PHYTO-CAPS®
DIETARY SUPPLEMENT

BEST BY
Meet Your Herbs at GaiaHerbs.com

Supplement Facts

Serving Size 2 Capsules	
Servings Per Container 15	
AMOUNT PER SERVING	
Calories 10	
PROPRIETARY EXTRACT BLEND:	864 mg†
Passionflower flowering vine ▲ (Passiflora incarnata), Kava Kava root ▲ (Piper methysticum), American Skullcap fresh herb ▲ (Scutellaria lateriflora), Valerian root ▲ (Valeriana officinalis), California Poppy herb and root ▲ (Eschscholzia californica), Vervain herb ▲ (Verbena spp.), Hops strobile ▲ (Humulus lupulus), Gotu Kola leaf ▲ (Centella asiatica)	

†Daily Value not established

Other ingredients: Vegetable glycerin, capsule (vegetable cellulose)

▲ = Organic Ingredient
◆ = Ecologically Harvested

Each 2 capsules contain 1,950 mg dry herb equivalent.



gaia
HERBS

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

A25002
(011) 715-0513

*These statements have 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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RapidRelief™

You can maintain optimum health, when you give your body the right support. Gaia Herbs' RapidRelief® products deliver results fast so you don't interrupt your active life.

Sound Sleep®

For some of us, falling asleep is sometimes the most troubling aspect of the sleep cycle. Sound Sleep's all-herbal formula features extracts of herbs historically recognized to facilitate the transition from wakefulness to sleep.* Encapsulated in Gaia's patented, readily-absorbable Liquid Phyto-Caps®, Sound Sleep works quickly to help you fall asleep with more ease.

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
 Easily digestible plant-derived capsule

gaia
HERBS

RapidRelief™

Sound
Sleep®

Aids in falling
asleep quickly*

Supports natural transition to sleep*
Fast-acting Liquid Phyto-caps®

Promotes calm & relaxation*
Skullcap & Vervain extracts

meetyourherbs®
SEE BACK OF BOX TO LEARN HOW

30 VEGAN LIQUID PHYTO-CAPS®
DIETARY SUPPLEMENT



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HERBS plant
intelligence®

GAIA FARM
BREVARD, NC

On Gaia's 250-acre certified organic farm, we grow over 6 million plants each year, all originating from certified organic seed. We cultivate our crops to USDA Organic standards and tend to them largely by hand.



meetyourherbs®

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.