

Suggested Use

Adults take 1 capsule 3 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. Avoid excessive exposure to UV radiation (e.g. sunlight, tanning) when 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

St. John's Wort

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.*

St. John's Wort

Research has shown that St. John's Wort extract may support positive emotional health.* Each daily serving of Gaia Herbs' fresh St. John's Wort flowering buds delivers 1,350 mg of concentrated extract, with 2.7 mg of Hypericins — a dose consistent with that used in published research for providing nervous system support to promote a healthy mood.*

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Alcohol-free Liquid Phyto-Caps®
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 Easily digestible plant-derived capsule
-  Laboratory tested for purity
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gaia
HERBS

Single Herbs

St. John's Wort

Supports
emotional health*

meet your herbs®

Enter ID # at GaiaHerbs.com

60 VEGETARIAN LIQUID PHYTO-CAPS®
DIETARY SUPPLEMENT

BEST BY
Enter ID# at GaiaHerbs.com

gaia
HERBS

Single Herbs

St. John's Wort

Supports
emotional health*

Promotes a healthy mood*
St. John's Wort: 1,350 mg extract

Concentrated extract of flower buds
Hypericins: 2.7 mg daily

meet your herbs®

SEE BACK OF BOX TO LEARN HOW

60 VEGETARIAN LIQUID PHYTO-CAPS®
DIETARY SUPPLEMENT

Supplement Facts

Daily Serving Size 3 Capsules
Servings Per Container 20

AMOUNT PER SERVING

Calories 15

St. John's Wort flower buds 1,350 mg†
and tops † (Hypericum perforatum)
(2.7 mg† hypericins)

†Daily Value not established.

Other ingredients: Vegetable glycerin, capsule
(vegetable cellulose)

◆ = Ecologically Harvested

Each 3 capsules contain 2,250 mg dry herb equivalent.



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HERBS

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

A22001 v2
(005) 588-780-0913

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www.gaiaherbs.com

* 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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gaia
HERBS

plant
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.