

## Suggested Use

Adults take 2 capsules in the morning and 1 capsule in the evening 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. **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**  
Contains naturally-occurring marine iodine



Ashwagandha

## SystemSupport™

Addressing a root cause of less-than-optimal systemic balance can help enhance your vitality.\* Gaia Herbs' SystemSupport™ products help naturally maintain your body's harmony and balance.\*

## Thyroid Support

The health of the thyroid gland impacts how you feel on a daily basis. Because it helps regulate metabolism, every major system in the body is affected by altered levels of thyroid hormones. Gaia Herbs' unique formula supports normal thyroid hormone production—helping you maintain optimal weight, neuromuscular tone, and cardiovascular health.\*

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gaia  
HERBS

SystemSupport™

Thyroid  
Support

Supports healthy  
thyroid function\*

meet your herbs®

Enter ID # at GaiaHerbs.com

VEGETARIAN LIQUID PHYTO-CAPS®  
DIETARY SUPPLEMENT

gaia  
HERBS

SystemSupport™

Thyroid  
Support

Supports healthy  
thyroid function\*

Promotes a healthy metabolism\*  
Coleus forskohlii & natural iodine

Supports thyroid hormones\*  
L-Tyrosine: 200mg

meet your herbs®

SEE BACK OF BOX TO LEARN HOW

VEGETARIAN LIQUID PHYTO-CAPS®  
DIETARY SUPPLEMENT

BEST BY  
Enter ID# at GaiaHerbs.com

## Supplement Facts

Serving Size 2 Capsules  
Servings Per Container 30

|                                                                                       | Amount<br>Per Serving | % Daily<br>Value |
|---------------------------------------------------------------------------------------|-----------------------|------------------|
| Calories                                                                              | 10                    |                  |
| Iodine (from Proprietary Seaweed Blend)                                               | 100 mcg               | 67%              |
| L-Tyrosine                                                                            | 200 mg                | †                |
| Ashwagandha root extract †<br>(Withania somnifera)                                    | 80 mg                 | †                |
| Proprietary Seaweed Blend                                                             | 100 mg                | †                |
| Kelp fronds † (Laminaria digitata)                                                    |                       |                  |
| Brown Seaweed fronds †                                                                |                       |                  |
| Proprietary Extract Blend                                                             | 430 mg                | †                |
| Coleus forskohlii † (Coleus forskohlii),<br>Schisandra berry † (Schisandra chinensis) |                       |                  |
| †Daily Value not established                                                          |                       |                  |

Other ingredients: Vegetable glycerin, lecithin (soy-GMO), water, and capsule (chitosan/vegetable cellulose)

† = Ecologically Harvested

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

Each 2 capsules contain 1,800 mg dry herb equivalent.



(005) 628-1114

\*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.



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gaia plant  
HERBS intelligence®

GAIA FARM  
BREWARD, NC

Over 40 crops are grown each year on our certified organic farm. 250 fragrant acres of Vateria, 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.



Ashwagandha