

Supplemented to

Adults take 2 to 3 capsules 2 times daily after 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.

100% vegetarian, dairy free, no gluten-containing ingredients

meet your herbs®

Meet Your Herbs® is the world's only traceability program for therapeutic herbal supplements. Ensure the safety & efficacy of this product while tracking the Seed-to-Shelf story of each herb in your bottle by entering its ID# at GaiaHerbs.com



Turmeric & Nettles



Curcumin Synergy™

Turmeric Supreme

ALLERGY

meet your herbs®

Enter ID # at GaiaHerbs.com

60 VEGETARIAN LIQUID PHYTO-CAPS® DIETARY SUPPLEMENT

BEST BY
Enter ID# at GaiaHerbs.com

Turmeric Supreme Allergy

For thousands of years Turmeric has been valued in Ayurveda, the traditional medicine system of India. Today, science has identified compounds in Turmeric, Curcumin in particular, which support healthy inflammatory function—maintaining overall health and vitality.*

Turmeric Supreme Allergy combines Turmeric with other herbal extracts to support a healthy response to allergens.* Quercetin, a flavonoid found in many plants, has also been studied for its effect on the histamine response.* Black Pepper extract is included for increased absorption and bioavailability of Curcumins.*

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
- Laboratory tested for purity
Free of heavy-metal toxicity



Curcumin Synergy™

Turmeric Supreme

ALLERGY

Promotes a healthy inflammatory function*

With Quercetin for respiratory support*

60 VEGETARIAN LIQUID PHYTO-CAPS® DIETARY SUPPLEMENT

Supplement Facts	
Serving Size 3 Capsules Servings Per Container 20	
Amount Per Serving	
Calories	15
Turmeric root extract † (Curcuma longa) 48 mg† (Curcumins from total Turmeric root extracts 45 mg†)	
Quercetin	90 mg†
Proprietary Extract Blend	876 mg†
Turmeric root ▲ (Curcuma longa), Stinging Nettle leaf ▲ (Urtica dioica), Feverfew leaf & flower ▲ (Tanacetum parthenium), Goldenseal root † (Hydrastis canadensis)	
Black Pepper fruit supercritical extract † (Piper nigrum)	15 mg†
Ginger root supercritical extract ▲ (Zingiber officinale)	15 mg†
† Daily Value not established	
Other ingredients: Vegetable glycerin, water, lecithin (non-GMO), and capsule (chlorophyll vegetable capsule)	
▲ = Organic Ingredient † = Ecologically Harvested	
Gaia Herbs, Inc., 101 Gaia Herbs Dr., Brevard, NC 28712	

Each 3 capsules contain 7,050 mg dry herb equivalent.

7 51063 14634 0

0021 828-1114

*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.



[002] 828-1114

meet your herbs®

Meet Your Herbs® is the world's only traceability program for therapeutic herbal supplements. Ensure the safety and efficacy of this product while tracking the Seed-to-Shelf story of each herb in your bottle by entering its ID# at GaiaHerbs.com.

PURITY: Trace the origin of each herbal ingredient—where and how it was grown.

INTEGRITY: View the Certificate of Compliance and test results for this product.

POTENCY: See validation of each herb's full phytochemical complex.

Obtain the proof of the safety and efficacy of your product now!

View our *Mission. Vision. Values.* video and photos from our certified organic farm at GaiaHerbs.com/Mission

Turmeric Field, Costa Rica

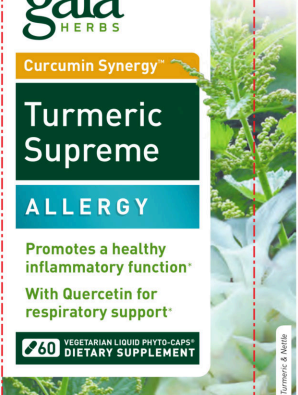
Supplement Facts	
Serving Size 3 Capsules Servings Per Container 20	
Amount Per Serving	
Calories	15
Turmeric root extract † (Curcuma longa) 48 mg† (Curcumins from total Turmeric root extracts 45 mg†)	
Quercetin	90 mg†
Proprietary Extract Blend	876 mg†
Turmeric root ▲ (Curcuma longa), Stinging Nettle leaf ▲ (Urtica dioica), Feverfew leaf & flower ▲ (Tanacetum parthenium), Goldenseal root † (Hydrastis canadensis)	
Black Pepper fruit supercritical extract † (Piper nigrum)	15 mg†
Ginger root supercritical extract ▲ (Zingiber officinale)	15 mg†
† Daily Value not established	
Other ingredients: Vegetable glycerin, water, lecithin (non-GMO), and capsule (chlorophyll vegetable capsule)	
▲ = Organic Ingredient † = Ecologically Harvested	
Gaia Herbs, Inc. www.gaiaherbs.com 101 Gaia Herbs Drive, Brevard, NC 28712	
Each 3 capsules contain 7,050 mg dry herb equivalent.	

Suggested Use

Adults take 2 to 3 capsules 2 times daily after 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.

*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.



Turmeric & Nettles