

Suggested Use

Adults take 1 capsule 1-2 times daily with 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

meetyourherbs®

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 & Black Pepper

gaia
HERBS

Curcumin Synergy™

Turmeric
Supreme

EXTRA STRENGTH

meetyourherbs®

Enter ID # at GaiaHerbs.com

60 VEGETARIAN LIQUID PHYTO-CAPS®
DIETARY SUPPLEMENT

New Name,
Same
Formula!
Formerly known as
Turmeric Supreme

BEST BY
Enter ID# at GaiaHerbs.com

Turmeric Supreme Extra Strength

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 Extra Strength represents full Curcumin Synergy™. Our unique formulation creates a powerful whole plant profile of Turmeric's valuable properties.* Extra Strength provides more Curcumin per capsule than other members of our new Turmeric Supreme family of products—it may be taken alone or combined with one of these targeted formulas.

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

gaia
HERBS

Curcumin Synergy™

Turmeric
Supreme

EXTRA STRENGTH

Supports a healthy
inflammatory response*

With Black Pepper
to aid absorption*

60 VEGETARIAN LIQUID PHYTO-CAPS®
DIETARY SUPPLEMENT

New Name,
Same
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Formerly known as
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Turmeric & Black Pepper

Supplement Facts

Serving Size 1 Capsule
Servings Per Container 60

Amount Per Serving

Calories	5
Turmeric root extract ▲ (Curcuma longa)	406 mg†
Turmeric root extract ◆ (Curcuma longa)	42 mg†
Turmeric root supercritical extract ◆ (Curcuma longa)	34 mg†
Black Pepper fruit supercritical extract ◆ (Piper nigrum)	7 mg†

† Daily Value not established

Other ingredients: Lecithin (non-GMO), vegetable glycerin, water, and capsule (chlorophyll vegetable capsule)

▲ = Organic Ingredient ◆ = Ecologically Harvested

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



[011] 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.



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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