

Suggested Use

Adults take 1 capsule 2 times daily after meals. For additional support take **Turmeric Supreme Extra Strength**.

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 & Hawthorn

gaia
HERBS

Curcumin Synergy™

**Turmeric
Supreme**

HEART

meet your herbs®

Enter ID# at GaiaHerbs.com

60 VEGETARIAN LIQUID PHYTO-CAPS®
DIETARY SUPPLEMENT

BEST BY
Enter ID# at GaiaHerbs.com

Supplement Facts	
Serving Size 1 Capsule	
Servings Per Container 60	
Amount Per Serving	
Calories	5
Turmeric root extract † (Curcuma longa)	16 mg†
[Curcumins from total Turmeric root extracts 15 mg†]	
Quercetin	30 mg†
Japanese Knotweed root extract †	30 mg†
[Polygonum cuspidatum] (50% trans-Resveratrol)	
Proprietary Extract Blend	368 mg†
Turmeric root † (Curcuma longa), Hawthorn berry †, Coleus forskohlii root †	
Black Pepper fruit supercritical extract †	5 mg†
(Piper nigrum)	
Ginger root supercritical extract †	5 mg†
(Zingiber officinale)	
† 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 capsule contains
7,300 mg dry
herb equivalent.



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[002] 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

Turmeric Supreme Heart

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

Turmeric Supreme Heart combines Turmeric with other herbal extracts to support healthy cardiovascular function.* Resveratrol, Hawthorn, and Coleus all supply flavonoid compounds to promote the health of both the heart and vascular system.* 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

gaia
HERBS

Curcumin Synergy™

**Turmeric
Supreme**

HEART

**Supports a healthy
inflammatory response***

**With herbs to maintain
cardiovascular function***

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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