

Suggested Use

Adults take 3 capsules 1 hour before bed.

Maximum time of use: one month.
Caution: US FDA advises that a potential risk of rare, but severe, liver injury may be associated with those containing dietary supplements. Do not take if you have or have had liver problems, drink alcohol, or take any medications. If you have a medical condition, use under the advice of a health care provider. Stop use and see a doctor if you develop symptoms that may signal liver problems, including jaundice (yellowing of the skin or whites of the eyes) and brown urine. Other nonspecific symptoms can include nausea, vomiting, light-colored stools, unexplained tenderness, weakness, stomach or abdominal pain, and loss of appetite. Not for use by persons under 18 years of age, or by pregnant or breastfeeding women. **Keep away from children.** Not for use with alcoholic beverages. Excessive use, or use with products that cause drowsiness, may impair your ability to operate a vehicle or heavy equipment. Use only as directed on label. Safety tested for use. **Keep bottles 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 & Kava

gaia
HERBS

Curcumin Synergy™

Turmeric
Supreme

PAIN P.M.

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 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†)	
Proprietary Extract Blend	1,371 mg†
Valerian Root ▲ (Valeriana officinalis), Kava root † (Piper methysticum), Turmeric root ▲ (Curcuma longa), Wild Lettuce aerial parts †, Jamaican Dogwood bark † (Piccadia pispicata), Feverfew leaf & flower ▲ (Tanacetum parthenium)	
Black Pepper fruit supercritical extract † 15 mg† (Piper nigrum)	
Ginger root supercritical extract † 15 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 3 capsules
contain
9,650 mg dry
herb equivalent.



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[003] 828-1114



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.



[003] 828-1114

Turmeric Supreme Pain P.M.

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 Pain P.M. combines Turmeric with other herbal extracts to support a healthy pain response when rest is also needed.* Kava Kava and Valerian both provide a calming effect and promote sleep.* 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 capsules
- Laboratory tested for purity**
Free of heavy-metal toxicity

gaia
HERBS

Curcumin Synergy™

Turmeric
Supreme

PAIN P.M.

Supports the response
to occasional pain*

Promotes relaxing
& restorative sleep*

60 VEGETARIAN LIQUID PHYTO-CAPS®
DIETARY SUPPLEMENT



Turmeric & Kava

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* 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.

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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