

Suggested Use

Age 6-12 months: 5 mL (1 teaspoon), 1-2 years: 10 mL (2 teaspoons), 2-3 years: 15 mL (3 teaspoons), 4-6 years: 20 mL (4 teaspoons). Take within one hour before bedtime. May be diluted in a small amount of water.

Shake well before use. Refrigerate after opening and use within 30 days. Crystallization may occur but will not affect the quality of the product. No gluten containing ingredients. If your child has a medical condition or takes medications, please consult with your doctor before use. Use only as directed on label. Do not use if safety seal is broken. **Store away from children.**

meetyourherbs®

NET WT.

CA.

gaiakids[®]
alcohol-free formula

Sleep & Relax
HERBAL SYRUP

meetyourherbs®
Enter ID # at GaiaHerbs.com

5.4 fl oz. (160mL)
DIETARY SUPPLEMENT



Supplement Facts

Serving Size: 1 teaspoon (5 mL)
Servings per Container: 32

	Amount Per Serving	%Daily Value
Calories	20	
Total Carbohydrates	5 g	2%*
Sugars	4 g	†
Passiflora leaf ▲	48 mg	†
Passiflora incarnata freeze dried extract		
Lemon Balm leaf ▲	45 mg	†
Melissa officinalis freeze dried extract		
Chamomile flower ▲	7 mg	†
Matricaria recutita freeze dried extract		

*Percent Daily Values based on a 2,000 calorie diet

† Daily Value not established

Other ingredients: Organic sucragane, water, xanthan gum, lemon fruit juice and orange natural flavors.

▲ = Certified Organic Ingredient

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

Certified Organic by Oregon Tilth

Manufactured for Gaia Herbs by Aboca S.p.A. - Italy. Product of Italy.



C53SP4
(006) 780-0614

USDA - 100% Pure, 100% Organic

Sleep & Relax Herbal Syrup

Restful sleep is essential for children to achieve emotional balance and optimal health. GaiaKids® Sleep & Relax formula is a great tasting synergistic herbal blend that provides assurances parents need to support their growing child. Taken before bed, this tasty herbal syrup helps promote a sense of calm while supporting a restful night's sleep so children feel refreshed upon waking.*

A partnership of mutual beliefs

GaiaKids® Sleep & Relax Herbal Syrup is produced in Tuscany, Italy by Aboca, the herbal supplement leader in more than 25,000 European pharmacies and health food stores since 1978. Gaia Herbs' partnership with Aboca is born from a mutual belief in sustainable product development, dedication to quality, and a deep respect for science and nature working in harmony.



gaiakids[®]
alcohol-free formula



Sleep & Relax
HERBAL SYRUP

Support for occasional sleeplessness*

Provides calming support for children*

No artificial sweeteners, corn syrup, flavors, or colors

Kid taste tested and approved

meetyourherbs®
SEE BACK OF BOX TO LEARN HOW

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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.

gaia plant
HERBS intelligence[®]

ABOCA S.p.A., ITALY
GAIA VALIDATED PARTNER
Aboca cultivates 2000 acres of certified organic medicinal herbs at their farm & manufacturing facility in Tuscany and is a respected European leader in sourcing premium quality, non-regional plants from all over the world.

meetyourherbs®

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.