

Suggested Use

Adults take 3 capsules 1 hour after dinner with 4 to 8 ounces of water.
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.

The Gaia Difference

- ✓ Liquid potency, easy absorption (U.S. Patent No. 6,298,876 B1)
- ✓ 100% vegetarian, dairy free, no gluten-containing ingredients (Plant-derived carrier)
- ✓ Laboratory tested for purity (Free of heavy-metal toxicity)

gaia
HERBS

SystemSupport™

Liver
Cleanse

Supports elimination
of toxins by the liver*

VEGETARIAN LIQUID PHYTO-CAPS
DIETARY SUPPLEMENT

BEST BY
Meet Your Herbs at GaiaHerbs.com

New 12-day
program

gaia
HERBS

SystemSupport™

Supreme
Cleanse™

Whole body herbal detox program to
support gentle internal cleansing*

Simple twice-daily doses designed for active lifestyles

100% herbal whole body detoxification*

Net Contents: 1 bottle Liver Cleanse - 36 ct capsules
1 bottle Daily Cleanse Fiber - 110 g (3.88 oz)

Supplement Facts

Daily Serving Size 3 Capsules
Servings Per Container 12

AMOUNT PER SERVING

Calories 15

PROPRIETARY EXTRACT BLEND 1,458mg†

Milk Thistle seed ▲ Silibium marianum, Turmeric root ▲ Curcuma longa, Corydalis tuberosa ▲ Corydalis yamoussouli, Artichoke leaf ▲ Cynara scolymus, Dandelion root ▲ Taraxacum officinale, Yellow Dock root ▲ Rumex crispus, Burdock root ▲ Arctium lappa, Rhubarb aerial parts ▲ Rheum officinale, Black radish root ▲ Raphanus sativus var. rugosus, Poplar aerial parts ▲ Populus sp., Gentian root ▲ Gentiana lutea, Forsythia seed ▲ Forsythia suspensa, Ginger root ▲ Zingiber officinale, Red root ▲ Ceanothus americanus

†Daily Value not established.

Other ingredients: Vegetable glycerin, capsule (vegetable cellulose)

▲ Certified Organic Ingredient ◆ Ecologically Harvested

Each 3 capsules contain 3,700 mg dry herb equivalent.

gaia
HERBS

101 Gaia Herbs Dr.
Brevard, NC 28712

800-722-1112

30300

30300

30300

30300

30300

30300

30300

30300

30300

30300

30300

30300

30300

30300

30300

30300

30300

30300

30300

30300

30300

30300

30300

30300

30300

30300

30300

30300

30300

30300

30300

30300

30300

30300

30300

30300

30300

30300

30300

30300

30300

30300

30300

Daily Cleanse Fiber

Daily Cleanse Fiber is a proprietary blend of plant based fibers and herbs to help support healthy digestion and elimination.* Used daily, this blend gently supports regularity with fiber and Triphala, while herbs like Ginger and Cinnamon pleasantly warm and stimulate digestion.*

Suggested Use

1/2 hour before breakfast, adults take 1 heaping teaspoon of Daily Cleanse Fiber in 8-10oz of water. Shake or stir well and drink quickly before liquid thickens. If sensitive digestion or elimination is present, then begin with 1/2 the suggested dose and gradually increase to the full dose.

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.

gaia
HERBS

101 Gaia Herbs Dr.
Brevard, NC 28712

800-722-1112

30300

30300

30300

30300

30300

30300

30300

30300

30300

30300

30300

30300

30300

30300

30300

30300

30300

30300

30300

30300

30300

30300

30300

30300

30300

30300

30300

30300

30300

30300

30300

30300

30300

30300

30300

30300

30300

30300

30300

30300

30300

30300

30300

gaia
HERBS

DailyWellness™

Daily Cleanse
Fiber

Supports healthy & gentle
elimination*

meet your herbs®

Enter ID# at GaiaHerbs.com

NET WT 110 GRAMS DIETARY SUPPLEMENT

FORMERLY NAMED
Rejune Gentle
Daily Fiber

BEST BY
Enter ID# at GaiaHerbs.com

Supplement Facts

Serving Size 1 Heaping Teaspoon
Servings Per Container 36

AMOUNT PER SERVING

HERBAL BLEND 3.0g†

Psyllium seed husk powder ▲ (Plantago ovata), Triphala fruit extract powder ▲ (Embilica officinalis, Terminalia bellarica, Terminalia chebula), ChiaMax™ ground Chia seed ▲ (Salvia hispanica), Marshmallow root powder ▲ (Althaea officinalis), Deglycyrrhizinated Licorice root powder extract ▲ (Glycyrrhiza spp.), Ginger rhizome powder ▲ (Zingiber officinale), Cinnamon bark powder ▲ (Cinnamomum spp.).

†Daily Value not established

▲ Certified Organic Ingredient ◆ Ecologically Harvested

gaia
HERBS

101 Gaia Herbs Dr.
Brevard, NC 28712

800-722-1112

30300

30300

30300

30300

30300

30300

30300

30300

30300

30300

30300

30300

30300

30300

30300

30300

30300

30300

30300

30300

30300

30300

30300

30300

30300

30300

30300

30300

30300

30300

30300

30300

30300

30300

30300

30300

30300

30300

30300

30300

30300

30300

30300

30300

30300

51063 00991

[005] 546-0123

To visit the Gaia Herbs
Cleanse Support Center, go to
www.gaiaherbs.com/go/cleanse

gaia
HERBS

plant
intelligence™

GAIA FARM
BREVARD, NC

On-site at Gaia Herbs 250-acre certified organic farm is our 45,000-square-foot certified organic manufacturing facility and analytical laboratory. Here, we test our herbs' natural chemistry as they grow, allowing us to harvest at peak potency.

SystemSupport™

Addressing a root cause of less-than-optimal systemic balance can help enhance your vitality.* Gaia Herbs' SystemSupport™ products help naturally maintain your body's harmony and balance.*

Supreme Cleanse™ - The complete herbal cleansing program

Today's environment exposes our bodies to a variety of toxins and pollutants. Gaia Herbs' Supreme Cleanse is designed to support gentle detoxification and assist with elimination.* This safe and effective cleanse supports the natural role of the liver, a healthy lymphatic system, digestion, and elimination.*

- **Liver Cleanse:** Aids the liver's natural detoxification role, supports healthy liver cells, and encourages the removal of cellular waste in tissue*
- **Daily Cleanse Fiber:** Supports healthy & gentle elimination*

Our 100% herbal cleanse contains no artificial ingredients or harsh laxatives. The unique 12-day program ensures an effective cleanse that's gentle on your system and perfect for busy lifestyles.*

Additional support for your successful cleanse

The pamphlet inside has tips on nutrition and lifestyle suggestions to benefit your cleanse. For additional recipes, cleansing tips and more, an online Cleanse Support Center was designed just for Supreme Cleanse™ users like you. See inside for details.

*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.



meet your herbs®

Each product inside this kit contains a unique MeetYourHerbs® ID#. Track the life story of the herbs in each bottle by entering the 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.