



Herbal Digest

DailyWellness™ Herbal Tea

**Optimizes & supports
digestive health***

Herbal Dietary Supplement

1 TEA BAG (2 g) CAFFEINE-FREE

Suggested Use

Adults pour one cup of freshly boiled water over tea bag and steep, covered, for 10 minutes. Drink before bed as needed.

Warning: Not for use during pregnancy.

Keep away from children.

Ingredients: Organic Peppermint leaf ♦ (Mentha piperita), Star Anise fruit (Illicium verum), Licorice root ♦ (Glycyrrhiza glabra), Organic Lemon Verbena leaf ♦ (Lippia citriodora), Yarrow leaf ♦ (Achillea millefolium), Caraway seed ♦ (Carum carvi), Gentian root ♦ (Gentiana lutea), Ginger root ♦ (Zingiber officinale)

♦ Organic ingredient according to EU Reg. CE n° 834/07

♦ = Ecologically Harvested

Product of Italy. Manufactured for Gaia Herbs by Aboca S.p.A. - Italy. Distributed by: Gaia Herbs, Inc., 101 Gaia Herbs Dr., Brevard, NC 28712 www.gaiaherbs.com
This unit not labeled for retail sale.

*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.

DailyWellness™

Longevity and vitality come naturally when your body is in a state of harmony. Gaia Herbs' DailyWellness™ products promote optimal wellness by giving you the daily support you need.

Herbal Digest Herbal Tea

A healthy digestive system is key to optimizing health by supporting normal assimilation of nutrients after meals. *Herbal Digest* tea, enjoyed after a meal, can help support every day digestive health or to soothe occasional digestive distress.* *Herbal Digest* tea offers a naturally pleasant taste through its balance of aromatic and digestive ingredients such as Ginger root, organic Peppermint, and organic Lemon Verbena.

A partnership of mutual beliefs

Herbal Digest Herbal Tea 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.



gaia
HERBS



Naturally
Soothing

Peppermint

Herbal Digest

DailyWellness™ Herbal Tea

**Optimizes & supports
digestive health***

Herbal Dietary Supplement

20 (2 g) TEA BAGS Net Wt. 1.41 oz (40 g) CAFFEINE-FREE

Suggested Use

Adults pour one cup of freshly boiled water over tea bag and steep, covered, for 10 minutes. Drink after a meal.

If you have a medical condition or take medications please consult with your doctor before using this product. Licorice should not be taken if you have kidney or liver disease, hypertension, edema, excessive potassium depletion or during pregnancy. Consult with your practitioner if breast feeding. Keep away from Children.

Supplement Facts

Serving Size 1 tea bag

Servings Per Container 20 tea bags

AMOUNT PER SERVING	% Daily Value
Calories 5	
Organic Peppermint leaf ♦ (Mentha piperita)	800 mg†
Star Anise fruit ♦ (Illicium verum)	400 mg†
Licorice root ♦ (Glycyrrhiza glabra)	300 mg†
Organic Lemon Verbena leaf ♦ (Lippia citriodora)	160 mg†
Yarrow leaf ♦ (Achillea millefolium)	140 mg†
Caraway seed ♦ (Carum carvi)	120 mg†
Gentian root ♦ (Gentiana lutea)	40 mg†
Ginger root ♦ (Zingiber officinale)	40 mg†

† Percent Daily Value not established

♦ = Organic ingredient according to EU Reg. CE n° 834/07

♦ = Ecologically Harvested

PRODUCT OF ITALY

Manufactured for Gaia Herbs by Aboca S.p.A. - Italy. Distributed by:

gaia
HERBS

101 Gaia Herbs Dr., Brevard, NC 28712
www.gaiaherbs.com

*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.



[03] 18385-0912

Teas which honor nature's Purity, Integrity, & Potency

Gaia Herbs teas are all-natural herbal supplements, with each cup delivering a delicious taste experience as well as soothing support.* We protect the potency and taste of our teas with foil-lined, flavor-seal pouches and protect our planet with tea bags tied without the use of staples or glues.

Teas are the most traditional way of taking herbal support. For decades, Gaia Herbs has been an industry leader, delivering herbal solutions for adults and children through capsules, liquid extracts, and syrups.

For added support of a healthy lifestyle, look for other items in our DailyWellness™ family of products.



With comforting
tastes of
Mint and Anise

meet your herbs®

ID# 00081522



Track the life story of each herb in your tea by entering its ID# at GaiaHerbs.com.