



Lactation Support

SystemSupport™ Herbal Tea

Supports healthy flow & nutrition of breast milk*

Herbal Dietary Supplement

1 TEA BAG (2 g) CAFFEINE-FREE

Ingredients: Fennel fruit ♦ (Foeniculum vulgare), Goat's Rue aerial part ♦ (Galega officinalis), Fenugreek seed ♦ (Trigonella foenum-graecum), Nettle leaf ♦ (Urtica dioica), Lemon Balm leaf ♦ (Melissa officinalis), Marshmallow root ♦ (Althaea officinalis)
♦ 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. This unit not labeled for retail sale.

Suggested Use

Adults pour one cup of freshly boiled water over tea bag and steep, covered, for 10 minutes. Drink daily as needed. See product warning on box.
Keep away from children.

*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.

C25020 [003] 780-0614

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.*

Lactation Support Herbal Tea

Lactation Support tea is made from all organic herbs – including Fennel, Goats Rue and Fenugreek, which promote the production of breast milk.* The herbal blend provides optimal nutrient composition of breast milk. Fennel and Lemon Balm help promote healthy digestion for times of slight stomach upset and provide the sweet, subtle, aromatic flavor that makes this tea delightful.

A partnership of mutual beliefs

Lactation Support 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.



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

Supplement Facts

Serving Size 1 tea bag
Servings Per Container 20 tea bags

	Amount Per Serving	% Daily Value
Calories 5		
Total Carbohydrate	less than 1 g	<1%*
Dietary Fiber	less than 1 g	4%*
Fennel fruit ♦ (Foeniculum vulgare)	900 mg	†
Goat's Rue aerial part ♦ (Galega officinalis)	300 mg	†
Fenugreek seed ♦ (Trigonella foenum-graecum)	300 mg	†
Nettle leaf ♦ (Urtica dioica)	200 mg	†
Lemon Balm leaf ♦ (Melissa officinalis)	200 mg	†
Marshmallow root ♦ (Althaea officinalis)	100 mg	†

* Percent Daily Values are based on a 2,000 calories diet.
† Percent Daily Value not established

♦ = Organic ingredient

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PRODUCT OF ITALY

Suggested Use

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

Not to be used during pregnancy. If you have diabetes, a medical condition or take medications please consult with your doctor before using this product. Keep away from children.

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Nourishing support from organic herbs



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 fast-acting 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 optimal support, combine this tea with *Lactation Support Liquid Phyto-Caps™*.

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

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