



Natural Laxative

RapidRelief™ Herbal Tea

Gentle support for occasional constipation*

Herbal Dietary Supplement

1 TEA BAG (2.2 g) CAFFEINE-FREE

Ingredients: Senna pod ▲ (Senna alexandrina), Licorice root ▲ (Glycyrrhiza glabra), Senna leaf ▲ (Senna alexandrina), Caraway fruit ▲ (Carum carvi), Fennel fruit ▲ (Foeniculum vulgare), Lemon Balm leaf ▲ (Melissa officinalis), High Mallow leaf ▲ (Malva sylvestris)

▲ Certified Organic Ingredient

Distributed by:
Gaia Herbs, Inc., 101 Gaia Herbs Dr., Brevard, NC 28712.
Certified 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 before bed 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.

RapidRelief™

You can maintain optimum health, when you give your body the right support. Gaia Herbs' RapidRelief® products deliver results fast so you don't interrupt your active life.

Natural Laxative Herbal Tea

Natural Laxative Herbal Tea gently and reliably encourages physiological intestinal transit for people who have occasional constipation.* This carefully formulated blend of 100% organic herbal ingredients, such as Senna and Licorice, will leave your digestive system feeling revitalized. The aromatic flavor comes from plants such as Fennel, Caraway and Lemon Balm, which give the tea a sweet, earthy taste.

A partnership of mutual beliefs

Natural Laxative 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



With
Senna



Natural Laxative

RapidRelief™ Herbal Tea

Gentle support for occasional constipation*

Herbal Dietary Supplement

20 (2.2 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	
Dietary Fiber	less than 1 g	3%*
Senna pod ▲ (Senna alexandrina)	660 mg	†
Licorice root ▲ (Glycyrrhiza glabra)	550 mg	†
Senna leaf ▲ (Senna alexandrina)	440 mg	†
Caraway fruit ▲ (Carum carvi)	330 mg	†
Fennel fruit ▲ (Foeniculum vulgare)	132 mg	†
Lemon Balm leaf ▲ (Melissa officinalis)	44 mg	†
High Mallow leaf ▲ (Malva sylvestris)	44 mg	†

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

▲ = Certified 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 1 cup as needed for occasional constipation. Maximum use 10 days.

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 or excessive potassium depletion. Not for use during pregnancy or lactation. **Keep away from children.**

NOTICE: This product contains Senna. Read and follow directions carefully. Do not use if you have or develop diarrhea, loose stools, or abdominal pain because Senna may worsen these conditions and be harmful to your health. Consult your physician if you have frequent diarrhea or if you are pregnant, nursing, taking medication or have a medical condition.

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C19020
[04] 780-3514

With 100%
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 *Natural Laxative* vegetarian tablets.

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

meet your herbs