

gaia
HERBS



Sleep & Relax

DailyWellness™ Herbal Tea

Promotes relaxing &
restorative sleep*

Herbal Dietary Supplement

1 TEA BAG (1.7 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.

See product warning on box.

Keep away from children.

Ingredients: Passionflower leaf ▲ (*Passiflora incarnata*), Lemon Balm leaf ▲ (*Melissa officinalis*), Chamomile flower ▲ (*Matricaria recutita*), Licorice root ▲ (*Glycyrrhiza glabra*), Chamomile flower freeze-dried extract ▲ (*Matricaria recutita*), Natural orange flavor, Passionflower leaf freeze-dried extract ▲ (*Passiflora incarnata*)

▲ = Certified Organic Ingredient

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

Certified Organic by Oregon Tilth.

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.*

Sleep & Relax Herbal Tea

Refreshing and restorative sleep is essential to maintaining optimal health and wellness; however stress sometimes prevents a good night's sleep. *Sleep & Relax Herbal Tea* features a blend of 100% organic herbs -- including Lemon Balm, Passionflower and Chamomile, to enhance its relaxing action.* This gentle, yet fast-acting tea encourages healthy sleep patterns and leaves you feeling refreshed upon waking.*

A partnership of mutual beliefs

Sleep & Relax 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.

Aboca

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Sleep & Relax

DailyWellness™ Herbal Tea

Promotes relaxing &
restorative sleep*

Herbal Dietary Supplement

20 (1.7 g) TEA BAGS Net Wt. 1.2 oz (34 g) CAFFEINE-FREE

NightTime
Support*

Supplement Facts

Serving Size 1 tea bag
Servings Per Container 20 tea bags

	Amount Per Serving	%Daily Value
Total Carbohydrate	less than 1 g	<1%*
Dietary Fiber	less than 1 g	<1%*
Passionflower leaf ▲ (<i>Passiflora incarnata</i>)	425 mg	†
Lemon Balm leaf ▲ (<i>Melissa officinalis</i>)	420 mg	†
Chamomile flower ▲ (<i>Matricaria recutita</i>)	400 mg	†
Licorice root ▲ (<i>Glycyrrhiza glabra</i>)	341 mg	†
Chamomile flower freeze dried extract ▲ (<i>Matricaria recutita</i>)	45 mg	†
Natural orange flavor	38 mg	†
Passionflower leaf freeze dried extract ▲ (<i>Passiflora incarnata</i>)	30 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 hour before bed.

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.**

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C20001
[05] 786-0514

Subtle natural
orange flavor



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 *Sleep & Relax* vegetarian capsules.

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

meet your herbs