



Sleep ` & Relax

DailyWellness™ Herbal Tea

Promotes relaxing & restorative sleep*

1 TEA BAG [1.7 g] CAFFEINE-FR

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: Passion(Iower Ieaf & [Passilfora incarnata], Lemon Balm Ieaf & (Melissa officinals), Chamornile (Iower & [Matricaria recutita), Licorice root & (Opcyrntiza giabra), Chamornile (Iower freeze-dried extract & (Matricaria recutita), Natural orange (Iavoc, Passion(Iower Ieaf freeze-dried

extract A (Passiflora incarnata)

A = Certified Organic Ingredient

uct of italy, Manufactured for Gaia Herbs by Aboca S.p.A.

Product of Italy, Manufactured for Gaia Herbs by Aboca S.p.A.-Italy, Distributed by: Gaia Herbs, Inc., 101 Gaia Herbs Dr., Brevard, N.C 28712 www.gaiaherbs.com Certified Organic by Oregon Titth.

*These statements have not been evaluated by the Ened and Drus Administration

Wellness™

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.¹ This gentle, yet flast-acting tea encourages?

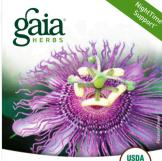
healthy sleep patterns and leaves you feeling

refreshed upon waking.* A partnership of mutual beliefs

Sleep & Relax Herbal Tea is produced in Tournay, 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.





Sleep & Relax

DailyWellness™ Herbal Tea

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Herbal Dietary Supplement

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

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 ▲ [Passiflora incarnat.	J 425 mg	-
Lemon Balm leaf ▲ (Melissa officinalis)	420 mg	- 1
Chamomile flower A (Matricaria recutita)	400 mg	- 1
Licorice root ▲ (Glycyrrhiza glabra)	341 mg	- 1
Chamomile flower freeze dried extract a (Matricaria recutita)	45 mg	-
Natural orange flavor	38 mg	- 1
Passionflower leaf freeze dried extract (Passiflora incarnata)	30 mg	1

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

PRODUCT OF ITALY

▲ = Certified Organic Ingredient

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. Licerise should not be taken if you have kidney or their disease, hypertension, edoma, excessive plantsium depletion excessive plantsium depletion your practitioner it breast feeding. 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.



Subtle natura

orange flavor

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 wegetarian capsules.

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

Teas which honor nature's

