## Suggested Use

Adults take two capsules as needed for occasional use, or as directed by a qualified health care professional. Notice: Vegetable charcoal may interfere with the absorption of drugs. Not to be used during pregnancy or lactation. If you have a medical condition or take pharmaceutical drugs, please

consult with your doctor before use. Keep away

from children. Use only as directed on label.

BEST BY LOT NO

meetyourherbs



RapidRelief™

Gas & Bloating™

DIETARY SUPPLEMENT

Supplement Facts Serving Size 2 Capsules

Servings Per Container 25 Amount Per Serving % Daily Value

Vegetable Charcoal Product of Italy. 242 ma Fennel (Foeniculum vulgare) seed - WPC\*\* Manufactured for Proprietary Blend Gaia Herbs by 404 mn Cumin (Cuminum cyminum) seed: Organic Chamomile (Matricaria recutita) flower freeze-dried extract: Star Anise (Micium verum) seed: Organic Lemon Balm /Melissa officinalis/ leaf freeze-dried extract: Caraway /Carum carvil seed:

Fennel (Foeniculum vulgare) seed essential oil; Peppermint (Mentha piperita) leaf essential oil; Marjoram (Origanum majorana) leaf essential oil. †Daily Value not established. \*\*W.P.C.: Whole Phytocomplex Concentrate

Other ingredients: Vegetable cellulose (capsule)

Aboca S.p.A. - Italy. Distributed by: Gaia Herbs, Inc. 101 Gaia Herbs Dr., Brevard, NC 28712

GaiaHerbs.com