

## Suggested Use

Adults take 2 capsule 2 times daily after meals.

Not to be used during pregnancy or lactation. If you have a medical condition or take medications, please consult with your doctor before using this product. *Rhodiola* should not be taken by individuals with bipolar disorder. **Keep away from children.** Use only as directed on label.

Safety-sealed for your protection. Keep bottle capped at all times and store in a cool dry place. Natural separation may occur. This does not affect product quality.

100% vegan and gluten-free

meet your herbs<sup>®</sup>

Meet Your Herbs<sup>®</sup> is the world's only traceability program for therapeutic herbal supplements. Ensure the safety & efficacy of this product while tracking the Seed-to-Shell story of each herb in your bottle by entering its ID# at GaiaHerbs.com



Holy Basil & Ashwagandha

gaia  
HERBS

Adapt & Balance

Adrenal  
Health<sup>®</sup>

DAILY SUPPORT

meet your herbs<sup>®</sup>

Enter ID # at GaiaHerbs.com

VEGAN LIQUID PHYTO-CAPS<sup>®</sup>  
DIETARY SUPPLEMENT

New Name,  
Same  
Formula  
Formerly known as  
Adrenal Health<sup>®</sup>

BEST BY  
Enter ID# at GaiaHerbs.com

## Adrenal Health<sup>®</sup> Daily Support

Maintaining a healthy stress response is necessary for overall health and wellbeing. Supporting the systems that aid the body in reacting and normalizing as stress occurs is critical in maintaining a healthy response to stress. *Adrenal Health<sup>®</sup> Daily Support* provides nourishment to the adrenals, with a unique combination of pure and potent extracts.\*

When stress does occur, it can have both physical and emotional effects. *Adrenal Health<sup>®</sup> Daily Support* combines herbs such as Holy Basil to support emotional wellbeing with adaptogenic herbs like *Rhodiola* to support optimal energy.\*

## The Gaia Difference



Liquid potency, easy absorption  
Alcohol-free Liquid Phyto-Caps<sup>®</sup>  
U.S. Patent No. 6,238,696 B1



100% vegan and gluten-free  
Easily digestible plant-derived capsule



Laboratory-tested for purity  
Free of heavy metal toxicity

gaia  
HERBS

Adapt & Balance

Adrenal  
Health<sup>®</sup>

DAILY SUPPORT

New Name,  
Same  
Formula  
Formerly known as  
Adrenal Health<sup>®</sup>

The #1 herbal formula  
for adrenal support\*

Promotes a healthy  
response to stress\*

VEGAN LIQUID PHYTO-CAPS<sup>®</sup>  
DIETARY SUPPLEMENT



Holy Basil & Ashwagandha

## Supplement Facts

Serving Size 2 Capsules  
Servings Per Container 30

Amount Per Serving

|                                                                                                                                                                                                                    |         |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------|
| Calories                                                                                                                                                                                                           | 10      |
| Siberian <i>Rhodiola</i> root extract †<br>( <i>Rhodiola rosea</i> )<br>(6 mg† Rosavins)                                                                                                                           | 120 mg† |
| Holy Basil leaf supercritical extract †<br>( <i>Ocimum sanctum</i> )<br>(3.86 mg† total Eugenols)                                                                                                                  | 90 mg†  |
| Proprietary Extract Blend                                                                                                                                                                                          | 520 mg† |
| Oats milky seed fresh extract ▲ ( <i>Avena sativa</i> ), Holy Basil leaf ▲ ( <i>Ocimum sanctum</i> ), Schisandra berry † ( <i>Schisandra chinensis</i> ), Ashwagandha root extract † ( <i>Withania somnifera</i> ) |         |

† Daily Value not established

Other ingredients: Vegetable glycerin, water, capsule (vegetable cellulose) and olive oil

▲ = Organic ingredient † = Ecologically harvested

Gaia Herbs, Inc., 101 Gaia Herbs Dr., Brevard, NC 28712



[011] 884-0116

\*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.



Gaia Herbs makes conscious choices to keep our planet healthy. This carton is made from 100% recycled paperboard, including at least 35% post-consumer material. Our amber glass bottles contain at least 30% recycled content.



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**PURITY:** Trace the origin of each herbal ingredient—where and how it was grown.

**INTEGRITY:** View the Certificate of Compliance and test results for this product.

**POTENCY:** See validation of each herb's full phytochemical complex.

Obtain the proof of the safety and efficacy of your product now!

View our *Mission. Vision. Values.* video and photos from our certified organic farm at GaiaHerbs.com/Mission

Holy Basil Field  
Gaia Farm, North Carolina