

Suggested Use

Adults take 2 capsules daily in the evening after dinner. Best results obtained with long-term use.

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. 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

meetyourherbs®

Meet Your Herbs® 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

Vervain & Lemon Balm

gaia
HERBS

Adapt & Balance

Adrenal
Health®

NIGHTLY RESTORE

meetyourherbs®
Enter ID # at GaiaHerbs.com

VEGAN LIQUID PHYTO-CAPS®
DIETARY SUPPLEMENT

Nourishes
the adrenals
while you
rest*

BEST BY
Enter ID# at GaiaHerbs.com

Supplement Facts

Serving Size 2 Capsules	
Servings Per Container 30	
Amount Per Serving	
Calories	10
Ashwagandha root extract †	80 mg†
(Withania somnifera)	
Reishi Mushroom fruiting body extract ▲	70 mg†
(Ganoderma lucidum)	
Cordyceps Mushroom fruiting body extract ▲	50 mg†
(Cordyceps militaris)	
Proprietary Extract Blend	750 mg†
Mimosa Tree bark † (Albizia julibrissin), Magnolia bark † (Magnolia officinalis), Vervain aerial parts ▲, Lemon Balm aerial parts ▲ (Melissa officinalis), Cinnamon bark ▲	
† Daily Value not established	

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

▲ = Organic ingredient † = Ecologically harvested

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



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*This statement has 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.



BEST BY:

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Adrenal Health® Nightly Restore

As you sleep, your body repairs and restores itself. Adrenal Health® Nightly Restore helps maintain the body's systems that support a healthy response to stress.*

Ashwagandha helps to promote normal sleep patterns and supports healthy endocrine and immune systems.* Magnolia bark calms occasional nervousness and supports sleep.* Other botanicals such as Lemon Balm show promise in research studies in promoting a sense of calm in the body.*

For optimum results, consider taking with Adrenal Health® Daily Support.*

The Gaia Difference



Liquid potency, easy absorption
Alcohol-free Liquid Phyto-Caps®
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®

NIGHTLY RESTORE

Nourishes the adrenals
while you rest*

Gentle, calming &
peaceful support at night*

VEGAN LIQUID PHYTO-CAPS®
DIETARY SUPPLEMENT

Vervain & Lemon Balm

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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

Vervain Field
Gaia Farm, North Carolina