

Suggested Use

Adults: 1 teaspoon, within one hour before bedtime*

Children: Age 6-8: ½ teaspoon

Age 9-12: 1½ teaspoons, within one hour before bedtime*

Shake well before use. **Refrigerate after opening.** Alcohol-free herbal syrup.

Not to be used during pregnancy or lactation. If you have a medical condition or are taking medications, please consult with your doctor before using this product.

Store away from children. Do not use if safety seal is broken.

*As directed by a qualified health-care provider.

meet your herbs®

100% NATURAL

100% NATURAL (FPO)

gaia
HERBS



RapidRelief

Black Elderberry NightTime Syrup

meet your herbs®
Enter ID # at GaiaHerbs.com

5.4 FL OZ (160ML)
DIETARY SUPPLEMENT

Supplement Facts

Serving Size 1 Teaspoon (5 mL)

Servings Per Container 32

	Amount Per Serving	% Daily Value
Calories	20	
Total Carbohydrate	4 g	1%*
Total Sugars	4 g	†
Includes 4 g Added Sugars		8%*

Black Elderberry fruit juice concentrate ▲ (Sambucus nigra)	1,903 mg	†
Acerola fruit dried extract ▲ (Malpighia glabra)	147 mg	†
Proprietary Blend	104 mg	†
Freeze-dried extract of Lemon Balm leaf ▲ (Melissa officinalis), Freeze-dried extract of Geraniella flowering tops ▲ (Geraniella campocampensis), Freeze-dried extract of California Poppy leaf ▲ (Eschscholzia californica)		

* Percent Daily Values are based on a 2,000 calorie diet.

† Daily Value not established.

Other Ingredients: Organic sucrose, water, lemon fruit juice and natural gum. ▲ Certified Organic Ingredient



[008] 944-0317

Elderberry field

meet your herbs®

Meet Your Herbs® is the world's first traceability program for herbal supplements. Ensure the safety and efficacy of this product while tracking the Seed-to-Shelf story of each herb in your bottle by entering its ID# at GaiaHerbs.com.

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!

Black Elderberry NightTime Syrup



LEMON BALM



CALIFORNIA POPPY

For centuries Black Elderberries have been recognized for supporting the immune system.*

Gaia Herbs' best-selling Black Elderberry NightTime Syrup super-concentrates the juice from 14.5 grams of organic Elderberries into a single teaspoon. Another important aspect of optimal health is restful sleep.

Black Elderberry NightTime Syrup contains the organic herbs Lemon Balm and California Poppy to gently support a good night of rest.*

A partnership of mutual beliefs

Black Elderberry NightTime Syrup 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.



gaia
HERBS



RapidRelief

Black Elderberry NightTime Syrup

For immune support
& restful sleep*

Best-selling formula

Equal to 14.5 g of
fresh elderberries

meet your herbs®
SEE BACK OF BOX TO LEARN HOW

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Total Sugars	4 g	†
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Acerola fruit dried extract ▲ (Malpighia glabra)	†
Proprietary Blend	104 mg
Freeze-dried extract of Lemon Balm leaf ▲ (Melissa officinalis), Freeze-dried extract of Geraniella flowering tops ▲ (Geraniella campocampensis), Freeze-dried extract of California Poppy leaf ▲ (Eschscholzia californica)	

* Percent Daily Values are based on a 2,000 calorie diet.

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Other Ingredients: Organic sucrose, water, lemon fruit juice and natural gum. ▲ Certified Organic Ingredient

Distributed by: Gaia Herbs, Inc.
101 Gaia Herbs Dr., Brevard, NC 28712
GaiaHerbs.com

Certified Organic by Oregon Tilth
Manufactured for Gaia Herbs by Aboca S.p.A. - Italy
PRODUCT OF ITALY

Each serving contains the equivalent of 14.5 g (14,500mg) of fresh Elderberries.

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Or as directed by a qualified health-care provider.

*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.

Black Elderberry