

Suggested Use

Adults: 1 teaspoon, within one hour before bedtime!
Children: Age 6-8: ½ teaspoon,
Age 9-12: 1 teaspoon, within one hour before bedtime!
Shake well before use. Refrigerate after opening.
Avoided, 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.

Or as directed by a qualified health-care provider.

meetyourherbs®

USA

BEST BY:

[008] 944-0317 **EPO**

gaia
HERBS



RapidRelief

Black
Elderberry
NightTime
Syrup

meetyourherbs®

Enter ID # at GaiaHerbs.com

3 FL OZ (89ML)
DIETARY SUPPLEMENT

Supplement Facts

Serving Size 1 Teaspoon (5 ml)
Servings Per Container About 18

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

Black Elderberry fruit juice concentrate ▲ 1,703 mg †
(Sambucus nigra)
Acerola fruit dried extract ▲ 147 mg †
(Malpighia glabra)

Proprietary Blend 104 mg

Freeze-dried extract of Lemon Balm leaf ▲ (Melissa officinalis), Freeze-dried extract of California Flowering tops ▲ (Grindelia camporensis), Freeze-dried extract of California Pinyon leaf ▲ (Echinocylus californicus)

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

Other ingredients: Organic sucrose, water, lemon fruit juice and xanthan gum. ▲ = Certified Organic Ingredient

Black Elderberry NightTime Syrup, 311 Gaia Herbs, Inc., Brevard, NC 28712

Certified Organic by Oregon Tilth

Manufactured for Gaia Herbs by Aboca S.p.A. - Italy, PRODUCT OF ITALY



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[008] 944-0317

Elderberry field

meetyourherbs®

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: Trace 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 PINYON

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 Pinyon 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.

Aboca

gaia
HERBS



RapidRelief

Black
Elderberry
NightTime
Syrup

For immune support
& restful sleep*

Best-selling formula

Equal to 14.5 g of
fresh elderberries

meetyourherbs®

SEE BACK OF BOX TO LEARN HOW

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Distributed by: Gaia Herbs, Inc.
101 Gaia Herbs Dr., Brevard, NC 28712
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 (114,500mg) of fresh Elderberries.

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opening. Alcohol-free herbal syrup.

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with your doctor before using this product. Store away
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*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.