

## Steeped in a healthy lifestyle\*

Our mission has remained unchanged for nearly 30 years—offer the highest quality herbal supplements to support your health.\* One satisfying way of including herbs in daily life is through the ritual of drinking tea. Our respect for this ancient practice is reflected in the quality of our herbs and in tea bags which use no staples or glue.

## A partnership of mutual beliefs

This tea 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.



[006] 921-0117

gaia  
HERBS

Non-  
Stimulating



Dandelion

# Diet Slim

Support for maintaining  
a healthy weight\*

Herbal Dietary Supplement

16 (2 g) TEA BAGS Net Wt. 1.13 oz (32 g) CAFFEINE-FREE

## Supplement Facts

Serving Size 1 tea bag  
Servings Per Container 16 tea bags

	Amount Per Serving	% Daily Value
Calories	5	
Total Carbohydrate	less than 1 g	<1%*
Dietary Fiber	less than 1 g	3%*
Orthosiphon leaf † (Orthosiphon stamineus)	460 mg	†
Licorice root † (Glycyrrhiza glabra)	400 mg	†
Fennel fruit † (Foeniculum vulgare)	340 mg	†
Dandelion root † (Taraxacum officinale)	290 mg	†
Spearmint leaf ▲ (Mentha spicata)	240 mg	†
European Goldenrod aerial parts † (Solidago virgaurea)	200 mg	†
Dandelion root freeze-dried extract † (Taraxacum officinale)	40 mg	†
Orthosiphon leaf freeze-dried extract † (Orthosiphon stamineus)	30 mg	†

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

▲ = Organic ingredient  
† = Ecologically harvested

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

PRODUCT OF ITALY

\* 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.

Best by:

Lot No:

## Part of your overall wellness plan\*

Paired with a balanced diet and regular exercise, *Diet Slim* tea is a daily ritual that helps keep you on track.\* With herbs like Dandelion and Orthosiphon, this pleasant blend supports healthy weight management by encouraging optimal fluid balance.\* Licorice, Fennel and Spearmint lend a delicious, soothing taste.

## Directions

Adults pour one cup of freshly boiled water over tea bag and steep, covered, for 10 minutes. Drink daily, preferably in the morning.

*If you have a medical condition or take medications please consult with your doctor before using this product. Licorice should not be taken if you have kidney or liver disease, hypertension, edema or excessive potassium depletion. Not for use during pregnancy or lactation. Keep away from children.*

Track the life story of each herb in your tea by entering its ID# at [GaiaHerbs.com](http://GaiaHerbs.com)

meet your herbs<sup>®</sup>