

## Suggested Use

Adults take 1 capsule 3 times daily between 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. **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.

## 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**  
Plant-derived capsule

 **Laboratory-tested for purity**  
Free of heavy metal toxicity

Schizandra

gaia  
HERBS

DailyWellness

Energy  
Vitality

Supports healthy  
energy & stamina\*

meet your herbs®

Enter ID # at GaiaHerbs.com

 **VEGAN LIQUID PHYTO-CAPS®**  
**DIETARY SUPPLEMENT**

Enter ID # at GaiaHerbs.com

## Supplement Facts

Serving Size 1 Capsule  
Servings Per Container 60

| Amount Per Serving                                                                                                                                                                                                                                                                                                 |         |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------|
| Calories                                                                                                                                                                                                                                                                                                           | 5       |
| Proprietary Extract Blend                                                                                                                                                                                                                                                                                          | 410 mg† |
| Fresh Stinging Nettle seed extract ▲ (Urtica dioica), Green Tea leaf ▲ (Camellia sinensis), Cola nut ▲, Asian Ginseng root ▲ (Panax ginseng), Licorice root ▲, Schisandra berry ▲ (Schisandra chinensis), Ginkgo leaf ▲ (Ginkgo biloba), Eleuthero root extract ▲ (Eleutherococcus senticosus), Prickly Ash bark ▲ |         |

†Daily Value not established

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

▲ = Organic ingredient    ♦ = Ecologically harvested  
Gaia Herbs, Inc., 101 Gaia Herbs Dr., Brevard, NC 28712

Contains no more than 10 mg of caffeine per capsule.  
Each capsule contains 850 mg dry herb equivalent.

(005) 863-0716



\*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:

(005) 863-0716

## DailyWellness

Longevity and vitality come naturally when your body is in a state of harmony. Gaia Herbs DailyWellness products promote optimal wellness by giving you the daily support you need.

## Energy Vitality

In order to feel consistent energy, the body must be able to adapt to daily stressors. *Energy Vitality* helps promote energy and stamina with herbs such as Ginseng and Schisandra, which enable the body to adapt to stress in a healthy way\*. In addition, organic Green Tea and Ginkgo offer antioxidant support that helps protect the body from free radical damage.\*

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 Easily digestible plant-derived capsule

 **Laboratory-tested for purity**  
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gaia  
HERBS

DailyWellness

Energy  
Vitality

Supports healthy  
energy & stamina\*

Optimizes stress response\*  
Ginseng & Schisandra extract

Vital antioxidant support\*  
Green Tea and Ginkgo extract

meet your herbs®

SEE BACK OF BOX TO LEARN HOW

 **VEGAN LIQUID PHYTO-CAPS®**  
**DIETARY SUPPLEMENT**

Schizandra

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meet your herbs®

*Meet Your Herbs®* is the world's only 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!

Gaia Herbs cultivates health and well-being by stewarding sustainable relationships between plants and people.

Gaia Farm, North Carolina