

Suggested Use

Adults take 1 capsule 1-2 times daily with 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. Safely 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% vegetarian, dairy free, no gluten-containing ingredients**
Plant-derived capsule
-  **Laboratory tested for purity**
Free of heavy-metal toxicity

gaia
HERBS

DailyWellness™

Ginger
Supreme

Supports a healthy
inflammatory response*

meetyourherbs®

Enter ID # at GaiaHerbs.com

60 VEGETARIAN LIQUID PHYTO-CAPS®
DIETARY SUPPLEMENT

BEST BY

Enter ID# at GaiaHerbs.com

Supplement Facts

Serving Size 1 Capsule
Servings Per Container 60

Amount Per Serving	
Calories	5
Ginger root supercritical extract ▲	150 mg† (Zingiber officinale)
(20 mg total Pungents from Ginger root extract)	
Turmeric root supercritical extract ♦	25 mg† (Curcuma longa)
†Daily Value not established	

Other ingredients: Lecithin (non-GMO), water, and capsule (vegetable cellulose)

▲ = Organic Ingredient
♦ = Ecologically Harvested

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

Each capsule contains 3,000 mg dry herb equivalent.

(005) 836-0415



*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) 836-0415

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.*

Ginger Supreme

Ginger has a long history of use for stimulating healthy digestion, promoting healthy inflammation, supporting heart health, and alleviating occasional nausea.* *Ginger Supreme* utilizes dual extraction technology to deliver the broadest spectrum of herbal constituents. Supercritical extraction provides fat-soluble constituents, while water-soluble constituents are extracted with water and alcohol.

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Alcohol-free Liquid Phyto-Caps®
U.S. Patent No. 6,238,696 B1
-  **100% vegetarian, dairy free, no gluten-containing ingredients**
Easily digestible plant-derived capsule
-  **Laboratory tested for purity**
Free of heavy-metal toxicity

gaia
HERBS

DailyWellness™

Ginger
Supreme

Supports a healthy
inflammatory response*

Useful for occasional nausea*
Ginger root: 150 mg extract

Dual extraction technology
Pungent compounds 20 mg

meetyourherbs®

SEE BACK OF BOX TO LEARN HOW

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DIETARY SUPPLEMENT

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gaia[®] plant
HERBS intelligence.™

GAIA FARM
BREVARD, NC

At Gaia Herbs' 250-acre certified organic farm and our on-site analytical lab - we plant, grow, harvest and research to optimize best practices in certified organic cultivation of over 40 crops annually.

meetyourherbs®

Track the life story of each herb in your bottle by entering its ID# at GaiaHerbs.com.

PURITY: Trace the origin of each herb back to its source.

INTEGRITY: See analytical results for this product.

POTENCY: Validate each herb's full phytochemical complex.