



meetyourherbs®

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Suggested Use

Adults take 1 teaspoon once
daily mixed into any warm milk
of your choice.

*Not for use 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. Store out of
direct sunlight and in a cool, dry place.*

100% Vegan Gluten-free
No GMOs Purity-tested

gaia
HERBS

Made with
organic
turmeric &
ashwagandha

golden milk

a delicious blend of turmeric, dates & herbs



POWDERED TURMERIC SUPPLEMENT | NET WT 3.7 oz (105 g) | VEGAN & DAIRY-FREE

Supplement Facts

Serving Size 1 Teaspoon (3.5 g) Servings Per Container 30

	Amount Per Serving	% Daily Value
Calories	15	
Total Carbohydrate	3 g	1%*
Total Sugars	less than 1 g	†

	Amount Per Serving	% Daily Value
Golden Milk Vegan Blend	2,219 mg	†
Turmeric root ▲ (<i>Curcuma longa</i>), Date Palm fruit ▲ (<i>Phoenix dactylifera</i>), Cardamom seed ▲ (<i>Elettaria cardamomum</i>), Ashwagandha root ▲ (<i>Withania somnifera</i>), Vanilla bean + (<i>Vanilla planifolia</i>), Black Pepper fruit ▲ (<i>Piper nigrum</i>)		

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

Other ingredients: Organic maltodextrin (non-GMO)

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

▲ = Organic ingredient + = Ecologically harvested

Certified Organic by Oregon Tilth

[003] 932-0317

WARNING: This product contains a chemical known to the State of California to cause birth defects or other reproductive harm.