

Suggested Use

Adults take 2 capsules 2 times daily after 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

-  **High 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

SystemSupport™

Hair, Skin & Nail Support

Enhances
outer beauty*
meetyourherbs®

Enter ID # at GaiaHerbs.com

VEGETARIAN LIQUID PHYTO-CAPS®
DIETARY SUPPLEMENT

BEST BY
Enter ID# at GaiaHerbs.com

Supplement Facts

Serving Size 2 Capsules
Servings Per Container 30

Amount Per Serving

Calories 10

Proprietary Extract Blend 1,240 mg†
Horsetail aerial parts ▲ (Equisetum arvense),
Burdock root ▲ (Arctium lappa), Triphala fruit
extract ▲ (Phyllanthus emblica, Terminalia
bellerica, Terminalia chebula), Alfalfa leaf ▲
(Medicago sativa), Gotu Kola leaf ▲ (Centella
asiatica), Stinging Nettle leaf ▲ (Urtica dioica),
Astaxanthin

†Daily Value not established.

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

▲ = Organic Ingredient ◆ = Ecologically Harvested

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

Each 2 capsules contain 3,370 mg dry herb equivalent.



7 51063 40080 0

*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.



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BEST BY:

[008] 588-0414

SystemSupport™

Addressing the root cause of a systemic imbalance can restore your vitality. Gaia Herbs' SystemSupport™ products help naturally restore your body's harmony and balance.

Hair, Skin & Nail Support

In order to attain outer beauty, the body needs inner nourishment — particularly from nutrients that support the normal turnover of cells. Hair, Skin, & Nail Support contains herbs such as Horsetail, Alfalfa, and Nettles — all rich in minerals (like silica) that promote the healthy growth of hair, skin, and nail tissue, while also providing a source of antioxidants.*

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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

SystemSupport™

Hair, Skin & Nail Support

Enhances
outer beauty*

Naturally occurring growth nutrients*
Horsetail, Gotu Kola, Nettle leaf

Herbal antioxidants*
Triphala & Astaxanthin

meetyourherbs®
SEE BACK OF BOX TO LEARN HOW

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gaia plant
HERBS intelligence®

GAIA FARM
BREVARD, NC

On-site at Gaia Herbs 250-acre certified organic farm is our 45,000-square-foot certified organic manufacturing facility and analytical laboratory.

Here, we test our herbs' natural chemistry as they grow, allowing us to harvest at peak potency.

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.

Horsetail