### Suggested Use

## Adults take 1 capsule 3 times daily

Not to be used during pregnancy. 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-Cap U.S. Patent No. 6 238 696 B1

100% vegetarian, dairy free. no gluten-containing ingredients lant-derived capsule

Laboratory tested for purity Laboratory tested to: \_\_\_\_ Free of heavy-metal toxicity



SystemSupport<sup>™</sup>

# Lactation Support™

**Optimizes** healthy lactation\*

meetvourherbs Enter ID # at GaiaHerbs com

**260** VEGETARIAN LIQUID PHYTO-CAPS®
DIETARY SUPPLEMENT

Gaia Herbs, Inc., 101 Gaia Herbs Dr., Brevard, NC 28712 10071 780-0115

Supplement Facts

Fenugreek seed A [Trigonella foenum-graecum].

Marshmallow root fresh A (Althaea officinalis). Fennel seed A (Foeniculum vulgare). Red

Raspherry leaf A (Rubus idaeus), Blessed

Thistle aerial parts ▲ (Cnicus benedictus)

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

Serving Size 1 Capsule

Amount Per Serving

Calories

Servings Per Container AN

Proprietary Extract Blend

▲ = Organic Ingredient

contains 1,115 mg dry herh equivalent.





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:

[007] 780-0115

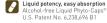
## SystemSupport<sup>™</sup>

Addressing a mot cause of less-than optimal systemic balance can help enhance vour vitality." Gaia Herbs' SystemSupport™ products help naturally maintain your body's harmony and balance."

### Lactation Support™

An ample supply of breast milk is critical for the health of your nursing child. Lactation Support™ promotes healthy lactation and optimal nutrient composition of breast milk." Herbs such as Fenugreek seed and Red Raspberry leaf are included in this formula to support milk flow and provide a natural source of nutrients."

### The Gaia Difference



100% vegetarian, dairy free, no gluten-containing ingredients Easily digestible plant-derived capsule

Laboratory tested for purity Free of heavy-metal toxicity



SystemSupport<sup>™</sup>

# Lactation Support™

## **Optimizes** healthy lactation\*

Enhances nutrition in breast milk\* Raspberry leaf & Marshmallow root

Promotes lactation Fenugreek seed & Fennel seed

meetvourherbs

VEGETARIAN LIQUID PHYTO-CAPS® 60 DIETARY SUPPLEMENT

### Supplement Facts Serving Size 1 Capsule

432 mnt

Servings Per Container 60

Amount Per Serving

Calories

Proprietary Extract Blend

Fenugreek seed A (Trigonella foenum-graecum), Marshmallow root fresh & (Althaea officinalis), Fennel seed A (Foeniculum vulgare), Red Raspberry leaf A /Rubus idaeus/, Blessed Thistle aerial parts ▲ (Cnicus benedictus)

†Daily Value not established

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

▲ = Organic Ingredient

Gaia Herbs, Inc. www.gaiaherbs.com 101 Gaia Herbs Drive, Brevard, NC 28712

Each capsule contains 1,115 mg dry herb equivalent.

## Suggested Use

### Adults take 1 capsule 3 times daily between meals.

Not to be used during pregnancy. 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.

These statements have not been evaluated by the Food and Drup Administration This product is not intended to diagnose, treat, cure, or prevent any disease.



### 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.