

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.

The Gaia Difference

- Liquid potency, easy absorption**
Alcohol-free Liquid Phyto-Caps®
U.S. Patent No. 6,238,676 B1
- 100% vegetarian, dairy free, no gluten-containing ingredients**
Plant-derived capsule
- Laboratory tested for purity**
Free of heavy-metal toxicity

Fennel

gaia
HERBS

SystemSupport™

Lactation
Support™

Optimizes
healthy lactation*

meet your herbs®

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
Proprietary Extract Blend	432 mg†
Fenugreek seed ▲ (<i>Trigonella foenum-graecum</i>), Marshmallow root fresh ▲ (<i>Althaea officinalis</i>), Fennel seed ▲ (<i>Foeniculum vulgare</i>), Red Raspberry leaf ▲ (<i>Rubus idaeus</i>), Blessed Thistle aerial parts ▲ (<i>Cnicus benedictus</i>)	

†Daily Value not established

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

▲ = Organic Ingredient

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

Each capsule
contains
1,115 mg dry
herb equivalent.



*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:

(007) 780-0115

SystemSupport™

Addressing a root cause of less-than optimal systemic balance can help enhance your 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.*

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U.S. Patent No. 6,238,676 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™

Lactation
Support™

Optimizes
healthy lactation*

Enhances nutrition in breast milk*
Raspberry leaf & Marshmallow root

Promotes lactation*
Fenugreek seed & Fennel seed

meet your herbs®
SEE BACK OF BOX TO LEARN HOW

60 VEGETARIAN LIQUID PHYTO-CAPS®
DIETARY SUPPLEMENT

Fennel

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101 Gaia Herbs Drive, Brevard, NC 28712

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gaiaTM 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.

meet your herbs®

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.