

FPO
ADDITIONAL

Steeped in a healthy lifestyle*

Our mission has remained unchanged for nearly 30 years—offer the highest quality herbal supplements to support your health.* One satisfying way of including herbs in daily life is through the ritual of drinking tea. Our respect for this ancient practice is reflected in the quality of our herbs and in tea bags which use no staples or glue.

A partnership of mutual beliefs

This tea is produced in Tuscany, Italy by Aboca, the herbal supplement leader in more than 25,000 European pharmacies and health food stores since 1978. Gaia Herbs' partnership with Aboca is born from a mutual belief in sustainable product development, dedication to quality, and a deep respect for science and nature working in harmony.

Nursing
Mother's Tea

Goat's Rue



Lactation Support

Supports healthy flow & nutrition of breast milk*

Herbal Dietary Supplement

16 (2 g) TEA BAGS Net Wt. 1.13 oz (32 g) CAFFEINE-FREE

Supplement Facts

Serving Size 1 tea bag
Servings Per Container 16 tea bags

	Amount Per Serving	% Daily Value
Calories	5	
Dietary Fiber	less than 1 g	3%*
Fennel fruit ▲ (Foeniculum vulgare)	900 mg	†
Goat's Rue aerial part ▲ (Galega officinalis)	300 mg	†
Fenugreek seed ▲ (Trigonella foenum-graecum)	300 mg	†
Stinging Nettle leaf ▲ (Urtica dioica)	200 mg	†
Lemon Balm leaf ▲ (Melissa officinalis)	200 mg	†
Marshmallow root ▲ (Althaea officinalis)	100 mg	†

* Percent Daily Values are based on a 2,000 calorie diet.

† Daily Value not established

▲ = Organic ingredient

Distributed by: Gaia Herbs, Inc.
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Certified Organic by Oregon Tilth.
Manufactured for Gaia Herbs by
Aboca S.p.A. - Italy.

PRODUCT OF ITALY

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

Best by:

Lot No.:

Nurturing for nursing mothers*

Nursing mothers need added nourishment and hydration. Lactation Support is a delightful, fresh-tasting tea made from all organic herbs, including Stinging Nettle, Goat's Rue and Fenugreek, which promote the production of breast milk and optimal nutrient composition.* Fennel and Lemon Balm help promote healthy digestion and provide the subtly sweet, aromatic flavor that makes this tea delightful.*

Directions

Adults pour one cup of freshly boiled water over tea bag and steep, covered, for 10 minutes. Drink once daily as needed. For added support, combine this tea with Lactation Support Liquid Phyto-Caps®

Not to be used during pregnancy. If you have diabetes, a medical condition or take medications, please consult with your doctor before using this product. Keep away from children.

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

meet your herbs®