

Suggested Use

Adults take 1 capsule 2 times daily. Best results obtained with long-term use.

Not to be used during pregnancy or lactation. If you have a medical condition or take medications, please consult with your doctor before use. 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.

meetyourherbs®

We ensure the safety and efficacy of each Mushroom & Herb.

Vegan
Gluten-free

No GMOs
Purity-tested



gaia
HERBS

MADE WITH ORGANIC MUSHROOMS+HERBS

MUSHROOMS
+ HERBS

LIVER DEFENSE

Daily liver &
immune support*

60 VEGAN CAPSULES
DIETARY SUPPLEMENT



Supplement Facts

Serving Size 1 Capsule
Servings Per Container 60

Amount Per Serving

Mushroom Synergy Blend	250 mg†
Turkey Tails fruiting body extract ▲ (Trametes versicolor), Maitake fruiting body extract ▲ (Grifola frondosa), Reishi fruiting body extract ▲	
Herbal Synergy Blend	175 mg†
Chinese Skullcap root ▲ (Scutellaria baicalensis), Astragalus root extract ▲ (Astragalus membranaceus), Schisandra berry ▲ (Schisandra chinensis)	

† Daily Value not established

Other ingredients: Vegan capsule (pullulan) ▲ = Organic ingredient

Manufactured for: Gaia Herbs, Inc., 101 Gaia Herbs Dr., Brevard, NC 28712
Certified Organic by QAI

* 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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The GAIA DIFFERENCE

— We use
FRUITING
BODIES,
with no fillers,
in potent
extract form.



MYCELIUM

In nature, plants and fungi work together to thrive. Our pure & potent combinations of Mushrooms+Herbs harness this ancient wisdom through lab-validated science.

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LIVER DEFENSE

The liver is an integral part of the immune system, in addition to controlling many natural detoxification channels in the body. *Liver Defense* helps maintain liver function, which nourishes the immune system, with the Mushrooms Reishi, Turkey Tail and Maitake. * Chinese Skullcap, Astragalus and Schisandra help support a healthy inflammatory response in the liver. * *Liver Defense* is formulated to promote immune support and liver defense.*

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We validate the purity, potency and identity of each Mushroom and Herb, and we share the results online to ensure the safety and efficacy of our products. Enter the ID # below at GaiaHerbs.com.