

Suggested Use

Adults take 1 capsule 2 times daily between 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

 **Liquid potency, easy absorption**
Alcohol-free Liquid Phyto-Caps®
U.S. Patent No. 6,238,696 B1

 **100% vegan and gluten-free**
Plant-derived capsule

 **Laboratory-tested for purity**
Free of heavy metal toxicity

Milk Thistle

gaia
HERBS

DailyWellness

Liver Health

Daily support for a healthy liver*

meet your herbs®

Enter ID # at GaiaHerbs.com

 VEGAN LIQUID PHYTO-CAPS®
DIETARY SUPPLEMENT

Need Daily
Liver
Support?*

BEST BY
Enter ID# at GaiaHerbs.com

Supplement Facts

Serving Size 1 Capsule

Servings Per Container 60

Amount Per Serving

Calories

5

Milk Thistle seed extract †
[Silybum marianum] (40 mg† Silymarins)

57 mg†

Proprietary Extract Blend

375 mg†

†Turmeric root ▲ [Curcuma longa],
Schisandra berry † [Schisandra chinensis],
Chinese Skullcap root † [Scutellaria baicalensis],
Licorice root ▲

†Daily Value not established

Other ingredients: Vegetable glycerin, lecithin (non-GMO),
water and capsule (chlorophyll vegetable cellulose)

▲ = Organic ingredient † = Ecologically harvested

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

Each capsule contains 3,850 mg dry herb equivalent.



(007) 863-0716

*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.



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) 863-0716

DailyWellness

Longevity and vitality come naturally when your body is in a state of harmony. Gaia Herbs DailyWellness products promote optimal wellness by giving you the daily support you need.*

Liver Health

Proper liver function is essential to overall health. The liver is responsible for the synthesis, metabolism and catabolism (breakdown) of hormones and aids in the absorption of vitamins. It also efficiently eliminates environmental toxins. With daily use, *Liver Health* delivers herbal antioxidant sources and supports healthy levels of inflammation to maintain a healthy liver.*

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U.S. Patent No. 6,238,696 B1

 **100% vegan and gluten-free**
Easily digestible plant-derived capsule

 **Laboratory-tested for purity**
Free of heavy metal toxicity

gaia
HERBS

DailyWellness

Liver Health

Daily support for a healthy liver*

Standardized Milk Thistle
Total Silymarins: 40 mg

Natural antioxidant source†
Turmeric root extract

meet your herbs®

SEE BACK OF BOX TO LEARN HOW

 VEGAN LIQUID PHYTO-CAPS®
DIETARY SUPPLEMENT

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Daily
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meet your herbs®

Meet Your Herbs® is the world's only traceability program for herbal supplements. Ensure the safety and efficacy of this product while tracking the seed-to-shelf story of each herb in your bottle by entering its ID# at GaiaHerbs.com.

PURITY: Trace the origin of each herbal ingredient — where and how it was grown.

INTEGRITY: View the Certificate of Compliance and test results for this product.

POTENCY: See validation of each herb's full phytochemical complex.

Obtain the proof of the safety
and efficacy of your product now!

Gaia Herbs cultivates health and well-being by stewarding sustainable relationships between plants and people.

Gaia Farm, North Carolina

Milk Thistle