

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. *Liver Health* provides daily antioxidant support during detoxification and modulates inflammatory pathways to optimize liver health.*

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.

Milk Thistle

gaia[®]
HERBS

VALUE
SIZE

DailyWellness

Liver Health

Daily support for a
healthy liver*

meetyourherbs[®]

Enter ID # at GaiaHerbs.com



VEGAN LIQUID PHYTO-CAPS[®]
DIETARY SUPPLEMENT

BEST BY
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Supplement Facts

Serving Size 1 Capsule

Servings Per Container 120

Amount Per Serving

Calories	5
Milk Thistle seed extract †	57 mg†
(Silybum marianum) (40 mg† Silymarins)	
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.



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*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.