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[005] 863-0217



ABOCA CODE
FPO

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.



gaia
HERBS

With
Senna



Natural Laxative

Gentle support for
occasional constipation*

Herbal Dietary Supplement

16 (2.2 g) TEA BAGS Net Wt. 1.24 oz (35.2 g) CAFFEINE-FREE

Supplement Facts

Serving Size 1 tea bag
Servings Per Container 16 tea bags

	Amount Per Serving	% Daily Value
Calories	5	
Total Carbohydrate	less than 1 g	<1%*
Dietary Fiber	less than 1 g	3%*
Senna leaf ▲ (Senna alexandrina)	1,500 mg	†
Licorice root ▲ (Glycyrrhiza glabra)	150 mg	†
Caraway fruit ▲ (Carum carvi)	330 mg	†
Fennel fruit ▲ (Foeniculum vulgare)	132 mg	†
Rooibos leaf ▲ (Aspalathus linearis)	66 mg	†
Lemon Balm leaf ▲ (Melissa officinalis)	10 mg	†
High Mallow leaf ▲ (Malva sylvestris)	10 mg	†
Fennel fruit essential oil ◆ (Foeniculum vulgare)	2 mg	†

* Percent Daily Values are based on a 2,000 calorie diet.
† Daily Value not established

▲ = Organic ingredient
◆ = Ecologically Harvested

Distributed by: Gaia Herbs, Inc.
101 Gaia Herbs Dr., Brevard, NC 28712.

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

PRODUCT OF ITALY

NOTICE: This product contains Senna. Read and follow directions carefully. Do not use if you have or develop diarrhea, loose stools or abdominal pain because Senna may worsen these conditions and be harmful to your health. Consult your physician if you have frequent diarrhea or if you are pregnant, nursing, taking medication or have a medical condition.

* 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:

A gentle push in the right direction*

This tea is so delicious you might forget why you are drinking it. Easier to digest than a tablet, *Natural Laxative* tea gently encourages the elimination process during times of occasional constipation.* This blend of 100% organic herbs works together to both revitalize and soothe your digestive system.*

Directions

Adults pour one cup of freshly boiled water over tea bag and steep, covered, for 10 minutes. Drink 1 cup as needed for occasional constipation.* Maximum use 10 days. For added support, combine this tea with *Natural Laxative* vegetarian tablets.

If you have a medical condition or take medications, please consult with your doctor before using this product. Licorice should not be taken if you have kidney or liver disease, hypertension, edema or excessive potassium depletion. Not for use during pregnancy or lactation. Keep away from children.

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

meet your herbs[®]