

RECOMMENDATIONS:

Adults take 1 capsule 2 times daily between meals or as directed by your health care provider.

*Not recommended during pregnancy or nursing without consulting your health care provider prior to use. **Keep away from children.** 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.*

LIQUID PHYTO-CAPS® deliver a concentrated liquid herbal extract in a 100% vegetarian capsule. Manufactured exclusively by Gaia Herbs, Inc.

**Contains no animal
by-products and no gelatin**

Tested **FREE of
Heavy Metal Toxicity**



gaia
HERBS | PROFESSIONAL
SOLUTIONS

NETTLE LEAF

Liquid Phyto-Caps®

Purity. Integrity. Potency.

60 LIQUID-FILLED CAPSULES • 100% VEGETARIAN

A DIETARY SUPPLEMENT

Supplement Facts

Serving Size 1 Capsule

Servings Per Container 60

Amount Per Serving

Calories 5

Stinging Nettle leaf ▲ (*Urtica dioica*) 225 mg†

†Daily Value not established

Other ingredients: Vegetable glycerin, water and capsule (vegetable cellulose)

▲ = Organic Ingredient

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Gaia Herbs Liquid Phyto-Caps® U.S. Patent No. 6,238,696 B1

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Best By: