

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% vegetarian, dairy free, no gluten-containing ingredients**
Plant-derived capsule
-  **Laboratory tested for purity**
Free of heavy-metal toxicity

Nettle

gaia
HERBS

Single Herbs

Nettle Leaf

Supports a healthy
inflammatory response*

meet your herbs®

Enter ID # at GaiaHerbs.com

60 VEGETARIAN LIQUID PHYTO-CAPS®
DIETARY SUPPLEMENT

BEST BY
Enter ID# at GaiaHerbs.com

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

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

0093 780-0315



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.



BEST BY:

[005] 780-0315

Single Herbs

Individual herbs in their vibrant, natural form support each person uniquely.* Gaia Herbs' single herbs contain concentrated extracts of an individual herb, to deliver nature's vitality to you.*

Nettle Leaf

Nettle leaf has a long history of use for modulating the body's inflammatory pathways and supporting upper respiratory health.* Gaia Herbs' *Nettle Leaf* is a concentrated extract of nettles grown on Gaia's own farm. Stinging Nettle leaf has been traditionally used to initiate a positive response to inflammation.*

The Gaia Difference

-  **Liquid potency, easy absorption**
Alcohol-free Liquid Phyto-Caps®
U.S. Patent No. 6,238,696 B1
-  **100% vegetarian, dairy free, no gluten-containing ingredients**
 Easily digestible plant-derived capsule
-  **Laboratory tested for purity**
Free of heavy-metal toxicity

gaia
HERBS

Single Herbs

Nettle Leaf

Supports a healthy
inflammatory response*

Supports natural histamine levels*
Gaia Farm Nettle leaf

Upper respiratory system support*
Promotes healthy mucous membranes*

meet your herbs®

SEE BACK OF BOX TO LEARN HOW

60 VEGETARIAN LIQUID PHYTO-CAPS®
DIETARY SUPPLEMENT

Nettle

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

Gaia Herbs, Inc. www.gaiaherbs.com
101 Gaia Herbs Drive, Brevard, NC 28712

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.

* 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.

gaiaTM plant
HERBS intelligence[®]

GAIA FARM
BREVARD, NC

Over 40 crops are grown each year on our certified organic farm. 250 fragrant acres of Valerian, Echinacea, Holy Basil, Hawthorn, Nettles, and more grace our valley. Each plant thrives naturally here, in one of the most fertile bioregions in the world.

meet your herbs®

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

PURITY: Trace the origin of each herb back to its source.

INTEGRITY: See analytical results for this product.

POTENCY: Validate each herb's full phytochemical complex.