

Suggested Use

Adults take 2 capsules 2 hours before bed. For additional support, enjoy with a cup of Sleep & Relax Herbal Tea.

Not to be used during pregnancy or lactation. If you have a medical condition or take medications please consult with your doctor before use. **Keep away from children.** Use only as directed on label. Safety-sealed for your protection. Keep bottle capped and store in a cool, dry place. Avoid alcohol and do not drive or operate machinery while taking this product.

meetyourherbs®

ID#:

BEST BY:

(2012) 643-0316 ETUSGARLD00PH-8

gaia
HERBS

DailyWellness™

Sleep
& Relax™

meetyourherbs®

Enter ID # at GaiaHerbs.com

50 CAPSULES DIETARY SUPPLEMENT

Passionflower

Supplement Facts

Serving Size 2 Capsules
Servings Per Container 25

	Amount Per Serving	% Daily Value
Passionflower leaf multi-fraction freeze-dried extract (Passiflora-LMF) ▲ (Passiflora incarnata)	367 mg	†
Valerian root freeze-dried extract and powder (WPC**) ▲ (Valeriana officinalis)	296 mg	†
Proprietary Blend	296 mg	†
Lemon Balm leaf freeze-dried extract and powder (WPC**) ▲ (Melissa officinalis), California Poppy flower tops freeze-dried extract and powder (WPC**) ▲ (Eschscholzia californica), Lavender flowers essential oil (Lavandula angustifolia), Marjoram tops essential oil (Origanum onites)		

†Daily Value not established **Whole PhytoComplex Concentrate
Other ingredients: Capsule (vegetable cellulose)
▲ = Certified Organic Ingredient

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

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.

Sleep & Relax™

At the end of a busy day, our minds and bodies are often not ready for rest. Sleep & Relax™ formula - a blend of organic herbs traditionally recognized to support tranquil sleep, promotes a healthy sleep cycle by calming tension and helping the mind unwind.*

A partnership of mutual beliefs

Sleep & Relax™ 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.

Aboca

gaia
HERBS

DailyWellness™

Sleep
& Relax™

USDA
ORGANIC

Readies the
body for sleep*

Aids in relaxation*
Freeze-dried Lemon Balm extract

Calms nervous agitation*
Lavender & Passionflower

meetyourherbs®
SEE BACK OF BOX TO LEARN HOW

50 VEGETARIAN CAPSULES
DIETARY SUPPLEMENT

Too tense
to sleep?

[003] 857-0615

ASUS EPO PX-A



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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.

Passionflower