

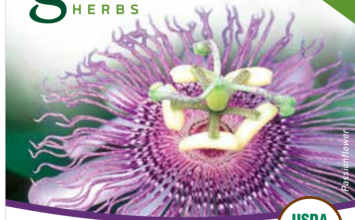
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[006] 863-0217FPO
ABC CODE

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.

NightTime
Support*

Passionflower



Sleep & Relax

Promotes relaxing &
restorative sleep*

Herbal Dietary Supplement

16 (1.7 g) TEA BAGS Net Wt. 0.96 oz (27.2 g) CAFFEINE-FREE

Supplement Facts

Serving Size 1 tea bag
Servings Per Container 16 tea bags

	Amount Per Serving	% Daily Value
Total Carbohydrate	less than 1 g	<1%*
Dietary Fiber	less than 1 g	2%*
Passionflower leaf ▲ (<i>Passiflora incarnata</i>)	425 mg	†
Lemon Balm leaf ▲ (<i>Melissa officinalis</i>)	420 mg	†
Chamomile flower ▲ (<i>Matricaria recutita</i>)	400 mg	†
Licorice root ▲ (<i>Glycyrrhiza glabra</i>)	342 mg	†
Chamomile flower freeze-dried extract ▲ (<i>Matricaria recutita</i>)	45 mg	†
Natural orange flavor	38 mg	†
Passionflower leaf freeze-dried extract ▲ (<i>Passiflora incarnata</i>)	30 mg	†

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

▲ = 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

* 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 delicious way to end the day*

Signal the transition between day and night by sipping a cup of *Sleep & Relax* tea an hour before bed. Organic Lemon Balm, Passionflower and Chamomile enhance its gentle yet fast relaxing action.* Passionflower's tropical fruit flavor, combined with natural orange flavor, is sweet and satisfying. You can rest assured knowing this tea is not habit-forming.*

Directions

Adults pour one cup of freshly boiled water over tea bag and steep, covered, for 10 minutes. Drink 1 hour before bed. For added support, combine this tea with *Sleep & Relax* vegetarian capsules.

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, excessive potassium depletion or during pregnancy. Consult with your practitioner if breast-feeding. **Keep away from children.**

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

meet your herbs®