

RECOMMENDATIONS:

Adults take 2 capsules 30 minutes before bed 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[®] | PROFESSIONAL
HERBS SOLUTIONS

SLEEP MAINTENANCE

Liquid Phyto-Caps®

Purity. Integrity. Potency.

60 LIQUID-FILLED CAPSULES • 100% VEGETARIAN

A DIETARY SUPPLEMENT

Supplement Facts

Serving Size 2 Capsules
Servings Per Container 30

AMOUNT PER SERVINGS

Calories 10

PROPRIETARY EXTRACT BLEND: 940 mg†

Ashwagandha root ▲ (*Withania somnifera*), Magnolia bark +
(*Magnolia officinalis*), Passionflower flowering vine ▲
(*Passiflora incarnata*), Jujube date fruit + (*Ziziphus jujuba*)

†Daily Value not established.

Other ingredients: Vegetable glycerin, capsule (vegetable cellulose)

▲ = Organic Ingredient + = Ecologically Harvested

Each 2 capsules contain 2,450 mg dry herb equivalent.
Gaia Herbs Liquid Phyto-Caps® U.S. Patent No. 6,238,696 B1

meetyourherbs® Enter ID# at GaiaProfessional.com

Best By:

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