gaia HERBS

SystemSupport™

Supreme Cleanse™

Whole body herbal detox program to support gentle internal cleansing*

Simple twice-daily doses designed for active lifestyles

100% herbal whole body detoxification*

DIETARY SUPPLEMENT

Net Contents: 1 bottle Liver Cleanse – 36 ct capsules 1 bottle Daily Cleanse Fiber – 110 g (3.88 oz)

4.730

New 12-day program

Burdock

Liver Cleanse 36 Liquid Phyto-Caps®

Supplement Facts

Serving Size 1 Capsules
Servings Per Container 12

Amount Per Serving	
Calories	15
Proprietary Extract Blend	1.458mg †

Milk Thistle seed ▲ (*Silybum marianum*), Turmeric root ▲ (*Curcuma longa*), Corydalis yanhusuo tubers ❖ (*Corydalis yanhusuo*), Artichoke leaf ▲ (*Cynara scolymus*), Dandelion root ▲ (*Taraxacum officinale*), Yellow Dock root ❖ (*Rumex crispus*), Burdock root ▲ (*Arctium lappa*), Rosebox aerial parts ▲ (*Hyssopifolia linearis*), Black radish root ▲ (*Raphanus sativus* var. *niger*), Figwort aerial parts ❖, Gentian root ▲ (*Gentiana lutea*), Fenugreek seed ▲ (*Trigonella foenum-graecum*), Ginger root ▲ (*Zingiber officinale*), Red root root ❖ (*Ceanothus americanus*)

†Daily Value not established

Other ingredients: Vegetable glycerin, water and capsule (vegetable cellulose)
▲ = Organic Ingredient ❖ = Ecologically Harvested
Each 3 capsules contain 1,708 mg dry herb equivalent.

Directions: Adults take 3 capsules 1 hour after dinner with 4 to 8 oz of water.

Daily Cleanse Fiber 110 gm

Supplement Facts

Serving Size 1 Heaping Teaspoon
Servings Per Container 36

Amount Per Serving	
Herbal Blend	3.0gt

Psyllium seed husk powder ▲ (*Plantago ovata*), Triphala fruit extract powder ▲ (*Emblica officinalis, Terminalia bellerica, Terminalia chebula*), ChiaMax ground Chia seed ❖ (*Salvia hispanica*), Marshmallow root powder ❖ (*Althaea officinalis*), Deglycyrrhizinated Licorice root powder extract ❖ (*Glycyrrhiza* spp.), Ginger rhizome powder ▲ (*Zingiber officinale*), Cinnamon bark powder ▲ (*Cinnamomum* spp.).

† Daily Value not established

▲ = Organic Ingredient ❖ = Ecologically Harvested

Directions: 1/2 hour before breakfast, adults take 1 heaping teaspoon of Daily Cleanse Fiber in 8-10 oz. of water. Shake or stir well and drink quickly before liquid thickens. If sensitive digestion or elimination is present, then begin with 1/2 the suggested dose and gradually increase to the full dose.

2.4

101 Gaia Herbs Dr., Brevard, NC 28712

www.gaiaherbs.com

*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.*

SystemSupport™

Addressing a root cause of less-than-optimal systemic balance can help enhance your vitality.* Gaia Herbs' SystemSupport™ products help naturally maintain your body's harmony and balance.*

Supreme Cleanse™ - The complete herbal cleansing program

Today's environment exposes our bodies to a variety of toxins and pollutants. Gaia Herbs' *Supreme Cleanse™* is designed to support gentle detoxification and assist with elimination.* This safe and effective cleanse supports the natural role of the liver, a healthy lymphatic system, digestion and elimination.*

- **Liver Cleanse:** Aids the liver's natural detoxification role, supports healthy liver cells, and encourages the removal of cellular waste in tissue*
- **Daily Cleanse Fiber:** Supports healthy & gentle elimination*

Our 100% herbal cleanse contains no artificial ingredients or harsh laxatives. The unique 12-Day program ensures an effective cleanse that's gentle on the system and perfect for busy lifestyles.*

Additional support for your successful cleanse

4.730

The pamphlet inside has tips on nutritional and lifestyle suggestions to benefit your cleanse. For additional recipes, cleansing tips and more, an online Cleanse Support Center was designed just for *Supreme Cleanse™* users like you. See inside for details.

***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.**

gaia HERBS | plant intelligence.®

GAIA FARM
BREVARD, NC

On-site at Gaia Herbs 250-acre certified organic farm is our 45,000-square-foot certified organic manufacturing facility and analytical laboratory. Here, we test our herbs' natural chemistry as they grow, allowing us to harvest at peak potency.

meetyourherbs®

Each product inside this kit contains a unique MeetYourHerbs® ID#. Track the life story of the herbs in each bottle by entering the 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.

[005] 863-0715

Get recipes, cleansing tips, and advice on a healthy lifestyle online at the **Gaia Herbs Cleanse Support Center.**

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To visit the Gaia Herbs Cleanse Support Center, go to **www.gaiaherbs.com/go/cleanse**