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[005] 863-0217FPO
ABOCA 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.



Soothing
Comfort*

Sage



Throat Shield™

**Supports throat hydration
& immune health***

Herbal Dietary Supplement

16 (1.8 g) TEA BAGS Net Wt. 1.02 oz (28.8 g) CAFFEINE-FREE

Supplement Facts

Serving Size 1 tea bag
Servings Per Container 16 tea bags

	Amount Per Serving	% Daily Value
Dietary Fiber	less than 1 g	3%*
Peppermint leaf ▲ (<i>Mentha x piperita</i>)	540 mg	†
Licorice root ▲ (<i>Glycyrrhiza glabra</i>)	396 mg	†
Sage leaf ▲ (<i>Salvia officinalis</i>)	225 mg	†
Fennel fruit ▲ (<i>Foeniculum vulgare</i>)	225 mg	†
Grindelia aerial part ▲ (<i>Grindelia camporum</i>)	216 mg	†
Marshmallow root ▲ (<i>Althaea officinalis</i>)	180 mg	†
Peppermint leaf essential oil ♦ (<i>Mentha x piperita</i>)	14 mg	†
Sage leaf essential oil ♦ (<i>Salvia officinalis</i>)	4 mg	†

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

▲ = Organic ingredient
♦ = Ecologically Harvested

Distributed by: Gaia Herbs, Inc.
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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:

Nourish your throat & voice*

The silky texture of *Throat Shield™* tea preserves your voice and blankets your throat during times when your body's defenses are challenged.* With soothing Marshmallow and Sage leaf, this cooling tea helps maintain the normal protective lining of the throat by providing hydration and immune support.* Essential oils of Peppermint and Sage tingle and invigorate.*

Directions

Adults pour one cup of freshly boiled water over tea bag and steep, covered, for 10 minutes. Drink once daily as needed. For added support, combine this tea with *Throat Shield™* lozenges or spray.

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®