

Suggested Use

Adults take 2 teaspoons daily.
Add to your favorite milk or
smoothie. Mix well and enjoy!

*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.*

meet your herbs®

Track the purity, integrity and
potency of this product by entering
the ID# at GaiaHerbs.com

Your daily whole body support*

TurmericBoost Restore provides a
foundation for wellness.* Whole food
Turmeric supports a strong heart, liver
function and a healthy inflammatory
response.* Combined extracts of
Turmeric and Black Pepper help your
body utilize the Curcumin compounds
in Turmeric.* A prebiotic blend delivers
more than great taste, it feeds the
intestinal flora that help maintain your
natural defenses.*

Vegan. Unsweetened.
Find recipes at GaiaHerbs.com/Recipes

* 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

**Made with Real
Chai Ingredients**

turmeric boost



restore

Your everyday whole
body support*

DIETARY SUPPLEMENT NET WT 5.29 oz (150 g)

Supplement Facts

Serving Size 2 Teaspoons (4.5 g)
Servings Per Container About 33

	Amount Per Serving	% Daily Value		Amount Per Serving	% Daily Value
Calories	15		Chai Prebiotic Blend	3,653 mg	†
Total Carbohydrate	4 g	1%*	FOS (fructooligosaccharides) †, Organic Cardamom seed (<i>Elettaria cardamomum</i>), Allspice berry † (<i>Pimenta dioica</i>), Organic Cinnamon bark, Organic Ginger root (<i>Zingiber officinale</i>), Organic Star Anise pods (<i>Illicium verum</i>), Holy Basil leaf extract † (<i>Ocimum sanctum</i>)		
Dietary Fiber	less than 1 g	3%*			
Curcumin Blend	835 mg	†			
Organic Turmeric root (<i>Curcuma longa</i>), Turmeric root extract † (<i>Curcuma longa</i>)					
Curcumin 42 mg†					
Black Pepper fruit extract † (<i>Piper nigrum</i>)	13 mg	†			

† = Ecologically harvested

Manufactured for: Gaia Herbs, Inc., 101 Gaia Herbs Drive, Brevard, NC 28712

