

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

Brighten your mood and enliven your body*

TurmericBoost Uplift supports a joyful
outlook on life.* Mixing whole food
Turmeric with extracts of Turmeric
and Black Pepper help your body
absorb Turmeric's benefits, like
promoting a healthy inflammatory
response.* Support a centered,
peaceful feeling with Lemon Balm
and Gotu Kola, plus a delicious
prebiotic blend that promotes healthy
intestinal flora.*

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



uplift

Support for mind,
body and spirit*

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		Lemon Balm leaf + (Melissa officinalis)	425 mg	†
Total Carbohydrate	4 g	1%*	Black Pepper fruit extract + (Piper nigrum)	13 mg	†
Dietary Fiber	1 g	5%*	Chai Prebiotic Blend	2,769 mg	†
Iron	3 mg	18%	FOS (fructooligosaccharides) +, Organic Cardamom seed (Elettaria cardamomum), Allspice berry + (Pimenta dioica), Organic Cinnamon bark, Organic Ginger root (Zingiber officinale), Organic Star Anise pods (Illicium verum), Holy Basil leaf extract + (Ocimum sanctum)		
Sodium	5 mg	<1%			
Curcumin Blend	778 mg	†			
Organic Turmeric root (Curcuma longa), Turmeric root extract + (Curcuma longa)					
Curcumin 42 mg†					
Gotu Kola leaf + (Centella asiatica)	515 mg	†			

+ = Ecologically harvested

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



7 51063 14669 2