

gaia[®]
HERBS

Made with Real
Chai Ingredients

turmeric boost



uplift

Support for mind,
body and spirit*

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DIETARY SUPPLEMENT

NET WT 0.16 oz (4.5 g)

Supplement Facts

Serving Size 1 Packet
Servings Per Container 1

	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

* 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.

Suggested Use

Adults take 1 packet daily. Add to your favorite milk or smoothie. Mix well and enjoy! **Vegan. Unsweetened.**

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. Store in a cool, dry place.

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

[003] 950-0317

