

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

$\spadesuit$ = Ecologically harvested

Manufactured for: Gaia Herbs, Inc.
101 Gaia Herbs Drive, Brevard, NC 28712
4.5 g packets (14 packets per carton)

*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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DIETARY SUPPLEMENT 14 - 0.16 oz (4.5 g) PACKETS NET WT 2.2 oz (63 g)