

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		
Sodium	5 mg	<1%	(Elettaria cardamomum), Allspice berry ♦ (Pimenta dioica),		
Curcumin Blend	778 mg	†	Organic Cinnamon bark, Organic Ginger root (Zingiber		
Organic Turmeric root (Curcuma longa),			officinale), Organic Star Anise pods (Illicium verum), Holy		
Turmeric root extract ♦ (Curcuma longa)			Basil leaf extract ♦ (Ocimum sanctum)		
Curcumins 42 mg†					
Gotu Kola leaf ♦ (Centella asiatica)	515 mg	†			

♦ = 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.

⚠ **WARNING:** Consuming this product can expose you to lead, which is known to the State of California to cause birth defects or other reproductive harm. For more information go to www.P65Warnings.ca.gov/food.

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)