

Suggested Use

Adults take 2 to 3 capsules 2 times daily after meals.

*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. Natural separation may occur. This does not affect product quality.*

100% vegetarian, dairy free,
no gluten-containing ingredients

meet your herbs®

Meet Your Herbs® is the world's only traceability program for therapeutic herbal supplements. Ensure the safety & efficacy of this product while tracking the Seed-to-Shelf story of each herb in your bottle by entering its ID# at GaiaHerbs.com

Turmeric & Nettle

gaia
HERBS

Curcumin Synergy™

**Turmeric
Supreme**

ALLERGY

meet your herbs®
Enter ID # at GaiaHerbs.com

60 VEGETARIAN LIQUID PHYTO-CAPS®
DIETARY SUPPLEMENT

BEST BY
Enter ID# at GaiaHerbs.com

Supplement Facts

Serving Size 3 Capsules
Servings Per Container 20

Amount Per Serving

Calories	15
Turmeric root extract ♦ (Curcuma longa) 48 mg† (Curcumins from total Turmeric root extracts 45 mg†)	
Quercetin 90 mg†	
Proprietary Extract Blend 876 mg†	
Turmeric root ▲ (Curcuma longa), Stinging Nettle leaf ▲ (Urtica dioica), Feverfew leaf & flower ▲ (Tanacetum parthenium), Goldenseal root ♦ (Hydrastis canadensis)	
Black Pepper fruit supercritical extract ♦ 15 mg† (Piper nigrum)	
Ginger root supercritical extract ▲ 15 mg† (Zingiber officinale)	

† Daily Value not established

Other ingredients: Vegetable glycerin, water, lecithin (non-GMO), and capsule (chlorophyll vegetable cellulose)

▲ = Organic Ingredient ♦ = Ecologically Harvested

Gaia Herbs, Inc., 101 Gaia Herbs Dr., Brevard, NC 28712

Each 3 capsules contain
7,850 mg dry
herb equivalent.



[003] 780-0215

*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



Gaia Herbs makes conscious choices to keep our planet healthy. This carton is made from 100% recycled paperboard, including at least 35% post consumer material. Our amber glass bottles contain at least 30% recycled content.



BEST BY:

[003] 780-0215

Turmeric Supreme Allergy

For thousands of years Turmeric has been valued in Ayurveda, the traditional medicine system of India. Today, science has identified compounds in Turmeric, Curcumins in particular, which support healthy inflammatory function—maintaining overall health and vitality.*

Turmeric Supreme Allergy combines Turmeric with other herbal extracts to support a healthy response to allergens.* Quercetin, a flavonoid found in many plants, has also been studied for its effect on the histamine response.* Black Pepper extract is included for increased absorption and bioavailability of Curcumins.*

The Gaia Difference



Liquid potency, easy absorption
Alcohol-free Liquid Phyto-Caps®
U.S. Patent No. 6,238,696 B1



**100% vegetarian, dairy free,
no gluten-containing ingredients**
Easily digestible plant-derived capsules



Laboratory tested for purity
Free of heavy-metal toxicity

gaia
HERBS

Curcumin Synergy™

**Turmeric
Supreme**

ALLERGY

Promotes a healthy
inflammatory function*

With Quercetin for
respiratory support*

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PURITY: Trace the origin of each herbal ingredient—where and how it was grown.

INTEGRITY: View the Certificate of Compliance and test results for this product.

POTENCY: See validation of each herb's full phytochemical complex.

Obtain the proof of the safety
and efficacy of your product now!

View our *Mission. Vision. Values.* video
and photos from our certified organic
farm at GaiaHerbs.com/Mission

Turmeric Field, Costa Rica