

## Suggested Use

Adults take 3 capsules 1 hour before bed.  
Maximum time of use: one month.

Caution: US FDA advises that a potential risk of rare, but severe, liver injury may be associated with kava-containing dietary supplements. Do not take if you have, or have had, liver problems, drink alcohol, or take any medications. If you have a medical condition, use under the advice of a health care provider. Stop use and see a doctor if you develop symptoms that may signal liver problems, including jaundice (yellowing of the skin or whites of the eyes) and brown urine. Other nonspecific symptoms can include nausea, vomiting, light-colored stools, unexplained tiredness, weakness, stomach or abdominal pain, and loss of appetite. Not for use by persons under 18 years of age, or by pregnant or breastfeeding women. **Keep away from children.** Not for use with alcoholic beverages. Excessive use, or use with products that cause drowsiness, may impair your ability to operate a vehicle or heavy equipment. 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



gaia  
HERBS

Curcumin Synergy™

Turmeric  
Supreme

PAIN P.M.

30 VEGETARIAN LIQUID PHYTO-CAPS®  
DIETARY SUPPLEMENT

BEST BY  
Meet your herbs at GaiaHerbs.com

## Supplement Facts

|                                                                                                                                                                                                                                          |           |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------|
| Serving Size 3 Capsules                                                                                                                                                                                                                  |           |
| Servings Per Container 10                                                                                                                                                                                                                |           |
| Amount Per Serving                                                                                                                                                                                                                       |           |
| Calories                                                                                                                                                                                                                                 | 15        |
| Turmeric root extract † (Curcuma longa)                                                                                                                                                                                                  | 48 mg†    |
| (Curcumin from total Turmeric root extracts 45 mg†)                                                                                                                                                                                      |           |
| Proprietary Extract Blend                                                                                                                                                                                                                | 1,371 mg† |
| Valerian Root ▲ (Valeriana officinalis), Kava root † (Piper methysticum), Turmeric root ▲ (Curcuma longa), Wild Lettuce aerial parts ▲, Jamaican Dogwood bark † (Piccadillo piccadillo), Feverfew leaf & flower ▲ (Tanacetum parthenium) |           |
| Black Pepper fruit supercritical extract † (Piper nigrum) 15 mg†                                                                                                                                                                         |           |
| Ginger root supercritical extract ▲ (Zingiber officinale) 15 mg†                                                                                                                                                                         |           |
| † 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 9,650 mg dry herb equivalent.



\*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:

[004] 780-0215

## Turmeric Supreme Pain P.M.

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

Turmeric Supreme Pain P.M. combines Turmeric with other herbal extracts to support a healthy pain response when rest is also needed.\* Kava Kava and Valerian both provide a calming effect and promote sleep.\* Black Pepper extract is included for increased absorption and bioavailability of Curcumin.\*

## 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 capsule

gaia  
HERBS

Curcumin Synergy™

Turmeric  
Supreme

PAIN P.M.

Supports the response  
to occasional pain\*

Promotes relaxing  
& restorative sleep\*

30 VEGETARIAN LIQUID PHYTO-CAPS®  
DIETARY SUPPLEMENT



Turmeric & Kava

## Supplement Facts

|                                                                                                                                                                                                                                          |           |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------|
| Serving Size 3 Capsules                                                                                                                                                                                                                  |           |
| Servings Per Container 10                                                                                                                                                                                                                |           |
| Amount Per Serving                                                                                                                                                                                                                       |           |
| Calories                                                                                                                                                                                                                                 | 15        |
| Turmeric root extract † (Curcuma longa)                                                                                                                                                                                                  | 48 mg†    |
| (Curcumin from total Turmeric root extracts 45 mg†)                                                                                                                                                                                      |           |
| Proprietary Extract Blend                                                                                                                                                                                                                | 1,371 mg† |
| Valerian Root ▲ (Valeriana officinalis), Kava root † (Piper methysticum), Turmeric root ▲ (Curcuma longa), Wild Lettuce aerial parts ▲, Jamaican Dogwood bark † (Piccadillo piccadillo), Feverfew leaf & flower ▲ (Tanacetum parthenium) |           |
| Black Pepper fruit supercritical extract † (Piper nigrum) 15 mg†                                                                                                                                                                         |           |
| Ginger root supercritical extract ▲ (Zingiber officinale) 15 mg†                                                                                                                                                                         |           |
| † 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 contains 9,650 mg dry herb equivalent.

## Suggested Use

Adults take 3 capsules 1 hour before bed.  
Maximum time of use: one month.

Caution: US FDA advises that a potential risk of rare, but severe, liver injury may be associated with kava-containing dietary supplements. Do not take if you have, or have had, liver problems, drink alcohol, or take any medications. If you have a medical condition, use under the advice of a health care provider. Stop use and see a doctor if you develop symptoms that may signal liver problems, including jaundice (yellowing of the skin or whites of the eyes) and brown urine. Other nonspecific symptoms can include nausea, vomiting, light-colored stools, unexplained tiredness, weakness, stomach or abdominal pain, and loss of appetite. Not for use by persons under 18 years of age, or by pregnant or breastfeeding women. **Keep away from children.** Not for use with alcoholic beverages. Excessive use, or use with products that cause drowsiness, may impair your ability to operate a vehicle or heavy equipment. 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.

\*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.

## meet your herbs®

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

**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