

Suggested Use

Adults take 1 capsule 3 times daily between 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.

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**
Plant-derived capsule
- Laboratory tested for purity**
Free of heavy metal toxicity



Black Cohosh

gaia
HERBS

SystemSupport™

Women's Balance

Optimizes female hormonal balance*

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 1 Capsule
Servings Per Container 60

Amount Per Serving

Calories	5
Black Cohosh root extract ▲ (Actaea racemosa) 200 mg† [1 mg† Triterpene Glycosides from Black Cohosh]	
Proprietary Extract Blend	430 mg†
Albida leaf ▲ (Medicago sativa), Red Clover tops ▲ (Trifolium pratense), Oats milky seed fresh extract ▲ Avena sativa, Chaste Tree berry ▲ (Vitex agnus-castus), Dandelion root ▲ (Taraxacum officinale), St. John's Wort flower buds and tops ▲ (Hypericum perforatum), Vervain aerial parts ▲, Dandelion leaf ▲ (Taraxacum officinale), Sage leaf ▲ (Salvia officinalis)	

†Daily Value not established

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

▲ = Organic Ingredient ◆ = Ecologically Harvested

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



0083-0515

*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:

[008] 863-0515

SystemSupport™

Addressing a root cause of less-than-optimal systemic balance can help enhance your vitality.* Gaia Herbs' SystemSupport™ products help naturally maintain your body's harmony and balance.*

Women's Balance

Throughout a woman's lifetime, her body naturally goes through transitional hormonal states. Keeping the body and mind balanced through the hormonal fluctuations of PMS and menopause is vital to maintaining an optimal quality of life. *Women's Balance* uses traditional herbal wisdom to optimize female hormone balance and well-being.*

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U.S. Patent No. 6,238,696 B1
- 100% vegetarian, dairy-free, no gluten-containing ingredients**
 Easily digestible plant-derived capsule
- Laboratory tested for purity**
Free of heavy metal toxicity

gaia
HERBS

SystemSupport™

Women's Balance

Optimizes female hormonal balance*

Support for healthy transitions*
Vitex & Black Cohosh extracts

Promotes healthy emotional state*
St. John's Wort extract

meet your herbs®

SEE BACK OF BOX TO LEARN HOW

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DIETARY SUPPLEMENT



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gaia
HERBS

plant
intelligence™

GAIA FARM
BREVARD, NC

On-site at Gaia Herbs' 250-acre certified organic farm is our 45,000-square-foot certified organic manufacturing facility and analytical laboratory.

Here, we test our herbs' natural chemistry as they grow, allowing us to harvest at peak potency.

meet your herbs®

Track the life story of each herb in your bottle by entering its ID# at GaiaHerbs.com.

PURITY: Trace the origin of each herb back to its source.

INTEGRITY: See analytical results for this product.

POTENCY: Validate each herb's full phytochemical complex.