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Steeped in a healthy lifestyle*

Our mission has remained unchanged for nearly 30 years—offer the highest quality herbal supplements to support your health.* One satisfying way of including herbs in daily life is through the ritual of drinking tea. Our respect for this ancient practice is reflected in the quality of our herbs and in tea bags which use no staples or glue.

A partnership of mutual beliefs

This tea is produced in Tuscany, Italy by **Aboca**, the herbal supplement leader in more than 25,000 European pharmacies and health food stores since 1978. Gaia Herbs' partnership with **Aboca** is born from a mutual belief in sustainable product development, dedication to quality, and a deep respect for science and nature working in harmony.



Breathe Easier*



Bronchial Wellness

Soothing support for respiratory health*

Herbal Dietary Supplement

16 (1.5 g) TEA BAGS Net Wt. 0.85 oz (24 g) CAFFEINE-FREE

Supplement Facts

Serving Size 1 Tea Bag
Servings Per Container 16

	Amount Per Serving	% Daily Value
Dietary Fiber	less than 1 g	2%*
Peppermint leaf ♣ (Mentha x piperita)	450 mg	†
Licorice root ♣ (Glycyrrhiza glabra)	345 mg	†
Grindelia aerial part ▲ (Grindelia camporum)	225 mg	†
English Plantain leaf ▲ (Plantago lanceolata)	150 mg	†
Star Anise fruit ♣ (Illicium verum)	150 mg	†
Thyme aerial part ♣ (Thymus vulgaris)	75 mg	†
Helichrysum aerial part ▲ (Helichrysum italicum var. HyperCress)	75 mg	†
Eucalyptus leaf essential oil ♣ (Eucalyptus globulus)	15 mg	†
Peppermint aerial parts essential oil ♣ (Mentha x piperita)	15 mg	†

* Percent Daily Values are based on a 2,000 calorie diet.
† Daily Value not established

▲ = Organic ingredient
♣ = Ecologically harvested

Distributed by: Gaia Herbs, Inc.
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Manufactured for Gaia Herbs by
Aboca S.p.A. - Italy

PRODUCT OF ITALY

* 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.

Best by:

Lot No:

Live & breathe good health*

Inhale the cooling essential oils of Peppermint and Eucalyptus from a steaming cup of **Bronchial Wellness** tea. These vapors, along with herbs such as Grindelia and Plantain, help support upper respiratory health.* Licorice root and Thyme lend a naturally pleasant, subtly sweet taste, adding to the soothing sensory experience in every cup.*

Directions

Adults pour one cup of freshly boiled water over tea bag and steep, covered, for 10 minutes. Drink daily as needed. For added support, combine this tea with Gaia Herbs Bronchial Wellness herbal syrup.

If you have a medical condition or take medications, please consult with your doctor before using this product. Licorice should not be taken if you have kidney or liver disease, hypertension, edema, excessive potassium depletion or during pregnancy. Consult with your practitioner if breast-feeding. Keep away from

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

meet your herbs