

Suggested Use

6-12 months 5 mls (1 teaspoon), 1-2 years 10 mls (2 teaspoons), 2-3 years 15 mls (3 teaspoons), 4-6 years 20 mls (4 teaspoons). Take within one hour before bedtime. May be diluted in a small amount of water.

Shake well before use. Refrigerate after opening and use within 30 days. **Keep out of the reach of children.** Crystallization may occur but will not affect the quality of the product. No gluten containing ingredients. If your child has a medical condition or takes medications please consult with your doctor before use. Use only as directed on label. Do not use if safety seal is broken.

Best by:

Lot No:



meetyourherbs®

ID# 00079685

gaia**kids**®
alcohol-free formula

Sleep & Relax

HERBAL SYRUP

meetyourherbs®

Enter ID # at GaiaHerbs.com

5.4 fl oz. (160ml)
DIETARY SUPPLEMENT

GREAT
TASTING!

Supplement Facts

Serving Size: 1 teaspoon (5 ml)

Servings per Container: 32

	Amount Per Serving	%Daily Value††
Calories	20	
Total Carbohydrates	5 g	2%
Sugars	4 g	†
Organic Passionflower leaf ♦ <i>(Passiflora incarnata)</i> freeze dried extract	48 mg	†
Organic Lemon Balm leaf ♦ <i>(Melissa officinalis)</i> freeze dried extract	45 mg	†
Organic Chamomile flower ♦ <i>(Matricaria recutita)</i> freeze dried extract	7 mg	†

† Daily Value not established

Other ingredients: Organic sugar cane, water, xanthan gum, lemon and orange juice natural flavors.

♦ = Organic ingredient according to EU Reg. CE n° 834/07

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Distributed by: **Gaia Herbs, Inc.** 101 Gaia Herbs Dr., Brevard, NC 28712.