

Suggested Use

Adults take 2 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.

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

Holy Basil

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HERBS

SystemSupport™

Adrenal
Health®

Promotes healthy
response to stress*

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VEGETARIAN LIQUID PHYTO-CAPS™
DIETARY SUPPLEMENT

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Supplement Facts

Serving Size 2 Capsules

Servings Per Container 30

AMOUNT PER SERVING

Calories 20

Siberian Rhodiola root extract †

(*Rhodiola rosea*) 120 mg†
(6 mg† Rosavins)

Holy Basil leaf † Supercritical CO₂ Extract

(*Ocimum sanctum*) 50 mg†
(3.86 mg† total Eugenols)

PROPRIETARY EXTRACT BLEND 350 mg†

Ashwagandha root † (*Withania somnifera*), Holy Basil leaf ▲ (*Ocimum sanctum*), Wild Oats milky seed fresh ▲ (*Avena sativa*), Schisandra berry † (*Schisandra chinensis*)

† Daily Value not established

Other ingredients: Vegetable glycerin, capsule (vegetable cellulose)

▲ = Certified Organic Ingredient † = Ecologically Harvested

Each 2 capsules contain 6,400 mg dry herb equivalent



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*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.