

Suggested Use

Adults take 2 capsules 2-3 times daily between meals.

Not to be used during pregnancy or lactation. If you have a medical condition or take pharmaceutical drugs 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

Nettle

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HERBS

SystemSupport™

Aller-Leaf

Promotes upper
respiratory health*

meet your herbs®

Enter ID # at GaiaHerbs.com

 60 VEGETARIAN LIQUID PHYTO-CAPS™
DIETARY SUPPLEMENT

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BEST BY

Supplement Facts

Serving Size 2 Capsules
Servings Per Container 30

AMOUNT PER SERVING

Calories	20
Turmeric root ▲ (<i>Curcuma longa</i>)	182 mg†
Turmeric root + (<i>Curcuma longa</i>)	18 mg†
(15 mg† curcumins from ETOH extract)	
Proprietary Blend:	816 mg†
Nettle leaf ▲ (<i>Urtica dioica</i>), Eyebright herb ▲ (<i>Euphrasia officinalis</i>), Bayberry root bark + (<i>Myrica cerifera</i>), Chinese Skullcap root + (<i>Scutellaria baicalensis</i>), Yarrow flower and top ▲ (<i>Achillea millefolium</i>), Feverfew leaf and flower ▲ (<i>Tanacetum parthenium</i>), Goldenseal root + (<i>Hydrastis canadensis</i>)	

† Daily Value not established.

Other ingredients: Vegetable glycerin, soy lecithin, capsule (vegetable cellulose)

▲ = Certified Organic Ingredient + = Ecologically Harvested

Each 2 capsules contain 2,000 mg dry herb equivalent.



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

GaiaHerbs.com

A42002
[006] 1411-1111

*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.