




Suggested Use

Adults take 2 capsules 2 times daily before a meal.

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.

Warning: Do not take this product if you have gallstones or a bile duct obstruction.

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



Artichoke

gaia[®]
HERBS

Single Herbs

Artichoke
Leaf

Supports liver function*

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 60 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

Artichoke leaf ▲ (*Cynara scolymus*) 1,456 mg†
(30 mg† Chlorogenic acid derivatives)

†Daily Value not established.

Other ingredients: Vegetable glycerin, capsule (vegetable cellulose)

▲ = Certified Organic Ingredient



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HERBS

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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.