

Suggested Use

Take 1 capsule 2 times daily.

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

-  **High 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

Ashwagandha

gaia[®]
HERBS

Single Herbs

Ashwagandha Root

For a healthy immune
& stress response*

meetyourherbs™

Enter ID # at GaiaHerbs.com



DIETARY SUPPLEMENT
VEGETARIAN LIQUID PHYTO-CAPS™

Enter ID # at GaiaHerbs.com BEST BY

Supplement Facts

Serving Size 1 Capsule
Servings Per Container 60

AMOUNT PER 1 CAPSULE

Calories 10

TOTAL ALCOHOL FREE EXTRACT 350mg†

Ashwagandha root (*Withania somnifera*) ▲

VALIDATED FULL SPECTRUM PROFILE

Withanolides 2.5 mg†

† Daily Value not established

Other ingredients:

Vegetable glycerin, vegetable cellulose (capsule)

▲ = Certified Organic Ingredient

Each 1 capsule contains 1,000 mg dry herb equivalent.



gaia[®]
HERBS

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

GaiaHerbs.com

[01] 1052-0510

*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.