

Suggested Use

Adults Take 2 capsules 2 times daily between 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

Black Elderberry

gaia[®]
HERBS

Single Herbs

Black
Elderberry

Supports a healthy
immune response*

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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 30

Black Elderberry berries extract ▲
(*Sambucus nigra*) 1,150 mg†

†Daily Value not established.

Other ingredients: Vegetable glycerin, capsule
(vegetable cellulose)

▲ = Certified Organic Ingredient

Each 2 capsules contain 2,650 mg dry herb equivalent.



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*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.