

Suggested Use

Adults take 1 capsule 2 times daily after meals.

Not to be used during pregnancy or lactation. Keep away from children. If you have a medical condition or take medications, please consult with your doctor before using this product. 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

Cinnamon

gaia
HERBS

Single Herbs

Cinnamon
Bark

Helps maintain
normal blood sugar*
meet your herbs®

Enter ID # at GaiaHerbs.com



VEGETARIAN LIQUID PHYTO-CAPS™
DIETARY SUPPLEMENT

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Supplement Facts

Daily Serving Size 2 Capsules

Servings Per Container 30

AMOUNT PER SERVING

Calories 20

Cinnamon bark, Supercritical CO₂
Extract ▲ (Cinnamomum spp.) 56 mg†

Cinnamon bark EtOH
Extract ▲ (Cinnamomum spp.) 500 mg†

(33 mg† cinnamaldehydes and 45 mg†
total phenols in combined extracts)

†Daily Value not established.

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

▲ = Certified Organic Ingredient

Each 2 capsules contain 1,800 mg dry herb equivalent.



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HERBS

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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.