

## Suggested Use

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

Not to be used during pregnancy. 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



gaia  
HERBS

## Single Herbs

# Fenugreek Seed

Healthy lactation for nursing mothers\*

meet your herbs®  
Enter ID # at GaiaHerbs.com

60 VEGETARIAN LIQUID PHYTO-CAPS®  
DIETARY SUPPLEMENT

BEST BY  
Enter ID# at GaiaHerbs.com

## Supplement Facts

Serving Size 2 Capsules  
Servings Per Container 30

### AMOUNT PER SERVING

Calories 20

Fenugreek seed ▲  
(Trigonella foenum-graecum) 780mg†

†Daily Value not established.

Other ingredients: Vegetable glycerin, capsule (vegetable cellulose)

▲ = Certified Organic Ingredient

Each 2 capsules contain 4,480 mg dry herb equivalent.



gaia  
HERBS

Gaia Herbs, Inc.,  
181 Gaia Herbs Dr.,  
Brevard, NC 28712  
GaiaHerbs.com

AS0001  
(002) 1191-0911

\*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.



Gaia Herbs makes conscious choices to keep our planet healthy. This carton is made from 100% recycled paperboard, including at least 35% post consumer material. Our amber glass bottles contain at least 30% recycled content.



BEST BY:

AS0001  
(002) 1191-0911

## Single Herbs

Individual herbs in their vibrant, natural form support each person uniquely.\* Gaia Herbs' Single Herbs contain concentrated extracts of an individual herb, to deliver nature's vitality to you.\*

## Fenugreek Seed

Fenugreek seeds naturally contain nutrients such as B vitamins, Vitamin C, and Beta Carotene — all of which support the optimal production of breast milk.\* Research suggests that fenugreek seeds also help maintain blood sugar metabolism.\* Made with certified organic Fenugreek seeds, Gaia Herbs' Liquid Phyto-Caps® deliver validated purity and potency.

## 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**  
 Easily digestible plant-derived capsule
- Laboratory tested for purity**  
Free of heavy-metal toxicity

gaia  
HERBS

## Single Herbs

# Fenugreek Seed

Healthy lactation for nursing mothers\*

Optimizes milk production\*  
Recommended by midwives

Purity for nursing mothers  
All vegetarian ingredients

meet your herbs®  
SEE BACK OF BOX TO LEARN HOW

60 VEGETARIAN LIQUID PHYTO-CAPS®  
DIETARY SUPPLEMENT

## Suggested Use

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

Not to be used during pregnancy. 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.

Each 2 capsules contain 4,480 mg dry herb equivalent.

## Supplement Facts

Serving Size 2 Capsules  
Servings Per Container 30

### AMOUNT PER SERVING

Calories 20

Fenugreek seed ▲  
(Trigonella foenum-graecum) 780mg†

†Daily Value not established.

Other ingredients: Vegetable glycerin, capsule (vegetable cellulose)

▲ = Certified Organic Ingredient

gaia  
HERBS

101 Gaia Herbs Dr., Brevard, NC 28712  
www.gaiaherbs.com

\*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.

gaia  
HERBS | plant  
intelligence.®

GAIA FARM  
BREVARD, NC

Over 40 crops are grown each year on our certified organic farm. 250 fragrant acres of Valerian, Echinacea, Holy Basil, Hawthorn, Nettles, and more grace our valley. Each plant thrives naturally here, in one of the most fertile bioregions in the world.

meet your herbs®

Track the life story of each herb in your bottle by entering its ID# at GaiaHerbs.com.

**PURITY:** Trace the origin of each herb back to its source.

**INTEGRITY:** See analytical results for this product.

**POTENCY:** Validate each herb's full phytochemical complex.