

Suggested Use

Take 1 capsule 1-2 times daily at meals.

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

Ginger

gaia[®]
HERBS

DailyWellness™

Ginger Supreme

Supports a healthy
inflammatory response*

meetyourherbs™

Enter ID # at GaiaHerbs.com



DIETARY SUPPLEMENT
VEGETARIAN LIQUID PHYTO-CAPS™

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Supplement Facts

Serving Size 1 Capsule

Servings Per Container 60

AMOUNT PER 1 CAPSULE

Calories 7

ALCOHOL FREE CONCENTRATED EXTRACTS OF:

Ginger root Ethanollic Extract

(Zingiber officinale) ▲ 100 mg†

Ginger root Supercritical CO₂ Extract

(Zingiber officinale) ▲ 60 mg†

Turmeric root Supercritical CO₂ Extract

(Curcuma longa) † 25 mg†

VALIDATED FULL SPECTRUM PROFILE

Total Pungent Compounds from Ginger ... 30 mg†

Zingiberene from Ginger 14 mg†

†Daily Value not established.

Other ingredients: Soy lecithin, vegetable glycerin, vegetable cellulose (capsule)

▲ = Certified Organic Ingredient

† = Ecologically Harvested

Each 2 capsules contain 2,330 mg dry herb equivalent.



gaia[®]
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.