

Suggested Use

Adults take 2 capsules 2 times daily after 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

Cinnamon

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HERBS

SystemSupport™

Glycemic
Health®

Helps maintain healthy
blood sugar levels*

meet your herbs®

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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 20

PROPRIETARY EXTRACT BLEND 866 mg†

Cinnamon bark ▲ (*Cinnamomum* spp.), Fenugreek seed ▲ (*Trigonella foenum-graecum*), Bitter Melon fruit + (*Momordica charantia*), Turmeric root ▲ (*Curcuma longa*), Ginger root ▲ (*Zingiber officinale*), Jambul seed + (*Syzygium cumini*)

†Daily Value not established.

Other ingredients: Vegetable glycerin, capsule (vegetable cellulose)

▲ = Certified Organic Ingredient
+ = Ecologically Harvested

Each 2 capsules contain 4,666 mg dry herb equivalent.



gaia[®]
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.