

## Suggested Use

Adults take 1 capsule 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

Holy Basil

gaia<sup>®</sup>  
HERBS

Single Herbs

# Holy Basil Leaf

Supports a healthy response to stress\*

meetyourherbs<sup>®</sup>

Enter ID # at GaiaHerbs.com

 60 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

Holy Basil leaf, Hydro-ethanol  
Extract ▲ (*Ocimum sanctum*) 200 mg†

Holy Basil leaf Supercritical CO<sub>2</sub>  
Extract + (*Ocimum sanctum*) 100 mg†

(17 mg† eugenols and 7.6 mg† rosmarinic acid in combined extracts)

† Daily Value not established.

**Other ingredients:** Vegetable glycerin, soy lecithin, olive oil, capsule (vegetable cellulose)

▲ = Certified Organic Ingredient

+ = Ecologically Harvested

Each 2 capsules contain 3,000 mg dry herb equivalent.



gaia<sup>®</sup>  
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.