

Suggested Use

Adults take 1 capsule 3 times daily between meals.

Not to be used during pregnancy. 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

Fennel

gaia
HERBS

SystemSupport™

Lactation
Support™

Optimizes
healthy lactation*
meet your herbs®

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60 VEGETARIAN LIQUID PHYTO-CAPS™
DIETARY SUPPLEMENT

BEST BY

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Supplement Facts

Daily Serving Size 3 Capsules
Servings Per Container 20

AMOUNT PER SERVING

Calories 30

PROPRIETARY EXTRACT BLEND: 1296 mg†

Fenugreek seed ▲ (*Trigonella foenum-graecum*),
Fennel seed ▲ (*Foeniculum vulgare*), Red
Raspberry leaf ▲ (*Rubus idaeus*), Blessed
Thistle herb ▲ (*Cnicus benedictus*),
Marshmallow root fresh ▲ (*Althaea officinalis*)

†Daily Value not established

Other ingredients: Vegetable glycerin, capsule
(vegetable cellulose)

▲ = Certified Organic Ingredient

Each 3 capsules contain 3,345 mg dry herb equivalent.



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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.