

Suggested Use

Take 3 capsules after the evening meal.

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



Milk Thistle

gaia[®]
HERBS

Single Herbs

Milk Thistle Seed

Supports healthy
liver function*

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DIETARY SUPPLEMENT
VEGETARIAN LIQUID PHYTO-CAPS™

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Supplement Facts

Serving Size 3 Capsules

Servings Per Container 20

AMOUNT PER 3 CAPSULES

Calories 21

ALCOHOL FREE CONCENTRATED EXTRACTS OF:

Milk Thistle seed (*Silybum marianum*) † . . . 450 mg†

VALIDATED FULL SPECTRUM PROFILE

Silymarins (from Milk Thistle seed) 360 mg†

†Daily Value not established.

Other ingredients:

Soy lecithin, vegetable glycerin,
chlorophyll vegetable cellulose (capsule)

† = Ecologically Harvested

Each 3 capsules contain 13,500 mg crude herb equivalent. [03] 1009-0210



gaia[®]
HERBS

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

*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.