

Suggested Use

Take 1 capsule 2 times daily between 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

Nettle

gaia[®]
HERBS

Single Herbs

Nettle Leaf

Supports a healthy
inflammatory response*

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Enter ID # at GaiaHerbs.com



DIETARY SUPPLEMENT
VEGETARIAN LIQUID PHYTO-CAPS™

Enter ID# at GaiaHerbs.com BEST BY

Supplement Facts

Daily Serving Size 2 Capsules

Servings Per Container 30

AMOUNT PER 2 CAPSULES

Calories 20

ALCOHOL FREE CONCENTRATED EXTRACT OF:

Nettle leaf (*Urtica dioica*) ▲ 100 mg†

VALIDATED FULL SPECTRUM PROFILE

Caffeic acid derivatives (from Nettle leaf) . . 2.0 mg†

†Daily Value not established.

Other ingredients:

Vegetable glycerin, vegetable cellulose (capsule)

▲ = Certified Organic Ingredient

Each 2 capsules contain 4,000 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.