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### CREATING AN ACCOUNT IS EASY:

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- ② Select "Register" from the top right of the homepage
- ③ Complete all required fields and click "Submit Application"
- ④ You'll receive an email in 1-2 business days when your account has been activated



ITEM # 90LTP102







*Inspired by Nature.  
Powered by Science.  
Dedicated to Care.*

Gaia Herbs PRO is on a quest to unlock the potential of natural healing as we refine our approach to botanicals with science-backed formulations and an unparalleled commitment to quality. By blending the time-honored wisdom of plants with modern care, along with healthcare professionals' medical and clinical expertise, we can forge a path that intertwines tradition and innovation to push the boundaries of holistic wellness solutions.

*We believe the combined power of nature, science, and your clinical and medical expertise, is the key to quality care.*



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## The Gaia Herbs PRO Difference

Gaia Herbs PRO, an exclusive professional line of herbal supplements, benefits from over 35 years of herbal expertise from the Gaia Herbs team.

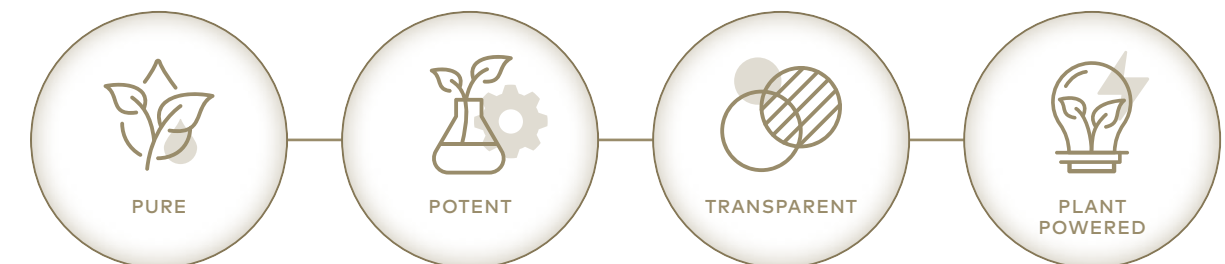
With collaborative input from leading clinicians, the line presents unique, high-quality formulas crafted specifically to support personalized wellness plans created by practitioners for their patients. This comprehensive collection of diverse, effective single and multi-herb formulas has been expertly formulated and designed to address various clinical needs.

### THE PREMIERE PARTNER FOR YOU

At Gaia Herbs PRO, we're proud of our close, ongoing relationship with practitioners like you. We partner with you to push the boundaries of holistic medicine, going beyond herbs to offer comprehensive solutions for your practice, including:

- **PROTOCOLS**  
Developed to guide and support your treatment decisions by merging ancient wisdom with modern care
- **PRODUCTS**  
Formulated with potent dosing, diverse formats, and single or multi-herb formulas to address contraindications
- **EDUCATION MATERIALS**  
To help you and your patients on their journey to wellness
- **EDUCATIONAL EVENTS**  
To catapult research and innovation founded in natural principles

Visit [GaiaHerbsPRO.com](https://GaiaHerbsPRO.com) to find resources that can assist you in providing the best possible care for your patients, and products to help them discover what wellness truly feels like.







QUALITY-CONTROLLED

## Transparency & Accountability

Standardization is an important and necessary step in herbal processing. Because of the natural variability in herbal raw material – due to geographical and seasonal factors, among others – natural variability in the quality and potency of finished herbal products is common, and standardization is a way to ensure consistency in labeling.

We continuously test every single product and ingredient to ensure integrity, purity, and potency from batch to bottle. All Gaia Herbs PRO products are tested via 22 ISO-validated laboratory methods in our ISO-certified laboratory. You can track each report via [MeetYourHerbs.com](https://www.meetyourherbs.com).

Our industry-leading validation process ensures quality and authenticity, as our products are screened for adulterants, heavy metals, pesticides, and microbial contaminants.

### MEET YOUR HERBS

#### THE INDUSTRY'S FIRST TRACEABILITY TOOL, LAUNCHED IN 2008

Gaia Herbs is committed to delivering products that are held to the highest standard and are rigorously tested at a level unparalleled in the industry. Our revolutionary tracking platform, Meet Your Herbs, allows practitioners and patients to discover an herb's origin and understand its use and purpose within each product.

This industry-leading, first-of-its-kind platform is yet another way we ensure purity, potency, and integrity in every product we make.

SIMPLY USE THE UNIQUE CODE  
ON EACH BOTTLE FOR A  
COMPREHENSIVE PROFILE

[MEETYOURHERBS.COM](https://www.meetyourherbs.com)



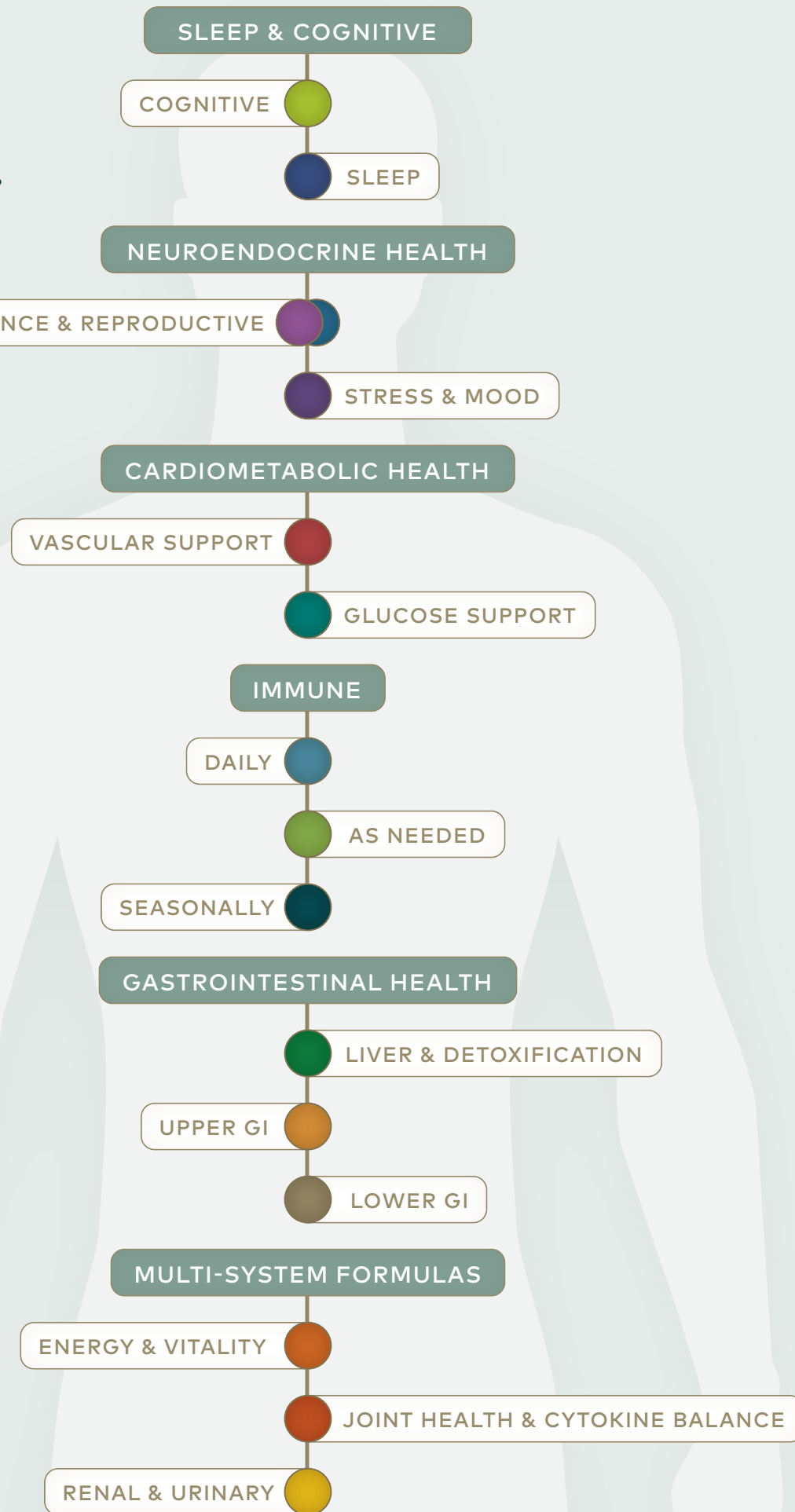
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ID# 1234567 09-25

*With Gaia Herbs PRO,  
you can expect full  
transparency at every  
step of the process,  
from seed to soil to shelf*





**Product  
Categories to  
Support Your  
Care Plans**



# What is Functional Medicine, Systems Biology, & Botanical Medicine?

Functional medicine, systems biology, and botanical medicine are distinct approaches within the field of healthcare, each with its own principles and methodologies.

- FUNCTIONAL MEDICINE**
  - Focus:** Functional medicine is a patient-centered approach that aims to address the root causes of illness and to restore optimal functioning of the body's systems.
  - Approach:** It involves understanding the individual's unique biochemical makeup and how genetic, environmental, and lifestyle factors contribute to their health or illness.
  - Holistic Perspective:** Functional medicine practitioners consider the interconnectedness of various bodily systems and view the body as an integrated whole.
- SYSTEMS BIOLOGY**
  - Focus:** Systems biology is a scientific approach that studies the complex interactions and relationships within biological systems.
  - Approach:** It uses computational and mathematical models to understand the dynamics of biological processes and how they function as integrated systems.
  - Holistic Perspective:** Systems biology seeks to understand the emergent properties of biological systems, acknowledging that the whole is greater than the sum of its parts. It is often acknowledged as an underpinning principle of functional medicine.
- BOTANICAL MEDICINE**
  - Focus:** Botanical medicine involves the use of plant-based substances (plants or plant extracts) for therapeutic purposes.
  - Approach:** It leverages the medicinal properties of plants to support health and well-being.
  - Holistic Perspective:** Many botanical medicines are chosen based on their traditional uses, as well as their potential to address underlying imbalances in the body. Research into botanical medicine has grown substantially over the last several decades.

Functional medicine, systems biology, and botanical medicine share a common emphasis on holistic and individualized approaches to healthcare. Functional medicine may draw on systems biology principles to understand the complexity of biological systems, and both functional medicine and systems biology may integrate botanical medicine as a natural and personalized intervention to support health and well-being.

*At Gaia Herbs PRO, we're committed to providing resources and producing formulas that help enable these connected approaches to support you and your patients in your plan of care.*



## Product Portfolio (A-Z)

PRODUCT NAME	CATEGORY	PAGE	ITEM #	SIZE	UPC
3-in-1 Immune Formula	Immune Health: Daily	30	90P46060	60 CT	751063401548
Adaptogen Performance	Multi-System Formulas: Energy & Vitality	51	90P86120	120 CT	751063152891
AMPK Activator	Multi-System Formulas: Energy & Vitality	51	90Q17090	90 CT	751063153652
Ashwagandha 700	Neuroendocrine Health: Stress & Mood	13	90P71121	120 CT	751063152235
Bacopa	Sleep & Cognitive: Cognitive	25	90Q68060	60 CT	751063150859
B-Complex	Multi-System Formulas: Energy & Vitality	51	90C71050	50 CT	751063152501
Berberine Metabolic	Cardiometabolic Health: Glucose Support	39	90E92060	60 CT	751063152433
Black Cohosh	Neuroendocrine Health: Sex Hormone Balance & Reproductive	18	90P33060	60 CT	751063401944
Black Elderberry PRO	Immune Health: Daily	31	90P38120	120 CT	751063152266
Brain Daily: NF-kB Formula	Sleep & Cognitive: Cognitive	25	90P69060	60 CT	751063150958
Calm Restore	Neuroendocrine Health: Stress & Mood	13	90P59060	60 CT	751063150507
Cinnamon Bark	Cardiometabolic Health: Glucose Support	38	90P60120	120 CT	751063152389
Cognitive Formula	Sleep & Cognitive: Cognitive	25	90P07060	60 CT	751063398640
Cordyceps Mushroom	Multi-System Formulas: Energy & Vitality	50	90Q37060	60 CT	751063152860
Curcuma Supreme NF-kB Formula	Multi-System Formulas: Joint Health & Cytokine Balance	49	90P63060	60 CT	751063403146
			90P63120	120 CT	751063149860
Daily Liver Pro	Gastrointestinal Health: Liver / Gallbladder & Detoxification	40	90P11120	120 CT	751063152273
Daily Lung Formula	Immune Health: Daily	31	90Q19060	60 CT	751063151689
Daytime HPA	Neuroendocrine Health: Stress & Mood	12	90P57060	60 CT	751063403047
			90P57120	120 CT	751063996808
Detoxification Formula	Gastrointestinal Health: Liver / Gallbladder & Detoxification	41	90916002	2 OZ	751063342612
Digestive Bitters with Turmeric	Gastrointestinal Health: Upper GI	43	90016002	2 OZ	751063333603
Echinacea Blend	Immune Health: As Needed	35	90P05060	60 CT	751063398442
Eleuthero	Multi-System Formulas: Energy & Vitality	52	90P24060	60 CT	751063396745
Emotional Balance	Neuroendocrine Health: Stress & Mood	14	90P52060	60 CT	751063150484
EpiVital	Gastrointestinal Health: Lower GI	47	90Q20090	90 CT	751063153676
Female Hormone Formula PM	Neuroendocrine Health: Sex Hormone Balance & Reproductive	19	90Q86060	60 CT	751063151108
Female Support Formula	Neuroendocrine Health: Sex Hormone Balance & Reproductive	19	90P17060	60 CT	751063399647
Fenugreek	Neuroendocrine Health: Sex Hormone Balance & Reproductive	19	90P53060	60 CT	751063402644
Fermented Beet and Maca	Cardiometabolic Health: Vascular Support	37	90E95060	50 CT	751063152464
Gastric Stress Formula	Gastrointestinal Health: Lower GI	45	90030002	2 OZ	751063151214
GI BFF	Gastrointestinal Health: Lower GI	45	90C74060	60 CT	751063153270
GI Stress	Gastrointestinal Health: Upper GI	43	90P75060	60 CT	751063153287
Ginger & Turmeric PRO	Gastrointestinal Health: Upper GI	42	90P67060	60 CT	751063403849
Ginkgo	Sleep & Cognitive: Cognitive	26	90P08060	60 CT	751063398749
Glutathione 500	Gastrointestinal Health: Liver / Gallbladder & Detoxification	41	90E94030	30 CT	751063152457
Green Tea	Multi-System Formulas: Energy & Vitality	52	90P35060	60 CT	751063402040
Hawthorn	Cardiometabolic Health: Vascular Support	37	90P31060	60 CT	751063400046
Holy Basil	Neuroendocrine Health: Stress & Mood	14	90P58060	60 CT	751063402347
Immune Activator	Immune Health: As Needed	35	90P65040	40 CT	751063403641

## Product Portfolio (A-Z)

PRODUCT NAME	CATEGORY	PAGE	ITEM #	SIZE	UPC
Intestinal Fungal Balance	Gastrointestinal Health: Lower GI	44	90P96060	60 CT	751063152532
Kava 50	Neuroendocrine Health: Stress & Mood	14	90432002	2 OZ	751063432023
Kava 75	Neuroendocrine Health: Stress & Mood	15	90P10060	60 CT	751063398947
Lion's Mane Mushroom	Sleep & Cognitive: Cognitive	24	90Q38060	60 CT	751063152884
Liquid Magnesium with Trace Minerals	Multi-System Formulas: Energy & Vitality	52	90990004	4 OZ	751063152396
Magnesium Glycinate 400	Cardiometabolic Health: Glucose Support	39	90E93180	180 CT	751063152440
Marshmallow Root	Gastrointestinal Health: Upper GI	43	90475002	2 OZ	751063152358
Microbiome Cleanse	Gastrointestinal Health: Lower GI	45	90Q71060	60 CT	751063151337
Microbiome Fuel	Gastrointestinal Health: Lower GI	46	90C70004	4.4 OZ	751063151238
Milk Thistle 1000	Gastrointestinal Health: Liver / Gallbladder & Detoxification	41	90P13120	120 CT	751063152242
MMC Restore	Gastrointestinal Health: Upper GI	43	90P95060	60 CT	751063152525
Muscle Recovery: NF-kB Formula	Multi-System Formulas: Joint Health & Cytokine Balance	49	90P78120	120 CT	751063146494
Nighttime HPA	Neuroendocrine Health: Stress & Mood	15	90P49120	120 CT	751063149570
Nootropic Focus	Sleep & Cognitive: Cognitive	26	90P70040	40 CT	751063150996
Oil Of Oregano	Immune Health: As Needed	35	90P16060	60 CT	751063399548
Olive Leaf 1360	Immune Health: As Needed	34	90P15120	120 CT	751063152259
Prostate Formula	Neuroendocrine Health: Sex Hormone Balance & Reproductive	23	90P55060	60 CT	751063402842
Quercetin Synergy 500	Immune Health: Seasonal	33	90C72100	100 CT	751063152495
Reishi Mushroom	Immune Health: Daily	31	90Q39060	60 CT	751063152877
Resveratrol 150	Cardiometabolic Health: Vascular Support	37	90P68050	50 CT	751063996778
Revive HPA	Neuroendocrine Health: Stress & Mood	15	90P48060	60 CT	751063149563
Rhodiola	Neuroendocrine Health: Stress & Mood	16	90P47060	60 CT	751063401746
Saw Palmetto	Neuroendocrine Health: Sex Hormone Balance & Reproductive	23	90P21060	60 CT	751063395748
Serenocin Heart-Brain Axis	Neuroendocrine Health: Stress & Mood	17	90P97060	60 CT	751063152549
Sleep Formula	Sleep & Cognitive: Sleep	29	90P25060	60 CT	751063396141
Sleep Maintenance	Sleep & Cognitive: Sleep	29	90P77060	60 CT	751063146388
Somni-Mint Rosmarinic Complex	Sleep & Cognitive: Sleep	28	90C79060	60 CT	751063152556
St. John's Wort	Neuroendocrine Health: Stress & Mood	16	90P22060	60 CT	751063395946
Stress and Strain: Antioxidant Activity	Sleep & Cognitive: Cognitive	26	90P28060	60 CT	751063399746
Sweet Wormwood (COG)	Gastrointestinal Health: Lower GI	46	90726002	2 OZ	751063152365
Systolic Complex	Cardiometabolic Health: Vascular Support	36	90C75060	60 CT	751063153294
Thyroid Formula	Neuroendocrine Health: Stress & Mood	16	90P30060	60 CT	751063400640
			90P30120	120 CT	751063996785
Tri-Glycemic	Cardiometabolic Health: Glucose Support	39	90Q14060	60 CT	751063153706
Turmeric Fenugreek Complex	Multi-System Formulas: Joint Health & Cytokine Balance	48	90C76060	60 CT	751063153423
			90C76120	120 CT	751063153430
Urinary Tract Formula	Multi-System Formulas: Renal & Urinary	53	90960002	2 OZ	751063343510
Uterine Formula	Neuroendocrine Health: Sex Hormone Balance & Reproductive	20	90020002	2 OZ	751063333801
Vitex	Neuroendocrine Health: Sex Hormone Balance & Reproductive	20	90P73060	60 CT	751063144315
Vitex Reproductive Formula	Neuroendocrine Health: Sex Hormone Balance & Reproductive	20	90Q87060	60 CT	751063151115





CLINICALLY STUDIED FORMULA<sup>◇</sup>



## Adaptogen & Nervine Stress Support\*

### Daytime HPA

Daytime HPA supports the stress response, mood, energy, sleep, and occasional anxiety as shown in a clinical study.\* When the body experiences stress, the hypothalamic-pituitary-adrenal (HPA) axis is activated. It is important to maintain a healthy stress response for overall health and well-being.\* Daytime HPA provides nourishment to the HPA axis, with a unique combination of extracts.\*

ITEM# 90P57060 COUNT 60 ITEM# 90P57120 COUNT 120

<sup>◇</sup> Based on a randomized double-blind clinical study compared to placebo over 60 days in healthy individuals.



### Ashwagandha 700

#### ADAPTOGEN STRESS SUPPORT\*

Stress is a common occurrence in modern life. Ashwagandha is a revered adaptogenic botanical traditionally used to help the body cope with life's challenges in a healthy way.\* This full spectrum, single botanical formula delivers 700 mg of ashwagandha per serving, with guaranteed levels of active withanolides.\*

ITEM# 90P71121 COUNT 120

#### Supplement Facts

	Amount Per Serving	% Daily Value
Serving Size 2 Capsules Servings Per Container 60		
Calories	5	
Total Carbohydrate	2 g	<1%*
Proprietary Extract Blend	700 mg	†
Organic Ashwagandha ( <i>Withania somnifera</i> ) root, Ashwagandha ( <i>Withania somnifera</i> ) root extract		
Withanolides	5 mg	†

\* Percent Daily Values are based on a 2,000 calorie diet.  
† Daily Value not established.

Other ingredients: Vegetable glycerin, water and vegan capsule (hypromellose).

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### Calm Restore

#### REDUCES OCCASIONAL ANXIOUSNESS\*

Moments of nervous stress and tension can disrupt the body and mind. Calm Restore provides support by helping promote a sense of calm in times of peak stress.\* This botanical blend featuring skullcap, passionflower, chamomile, and Holy basil gives your patients' nervous system the soothing support it deserves in stressful moments.\*

ITEM# 90P59060 COUNT 60

#### Supplement Facts

	Amount Per Serving	% Daily Value
Serving Size 3 Capsules Servings Per Container 20		
Calories	10	
Total Carbohydrate	2 g	<1%*
Proprietary Extract Blend	1,440 mg	†
Organic Skullcap ( <i>Scutellaria lateriflora</i> ) aerial parts extract, Organic Passionflower ( <i>Passiflora incarnata</i> ) flowering vine, Organic Chamomile ( <i>Matricaria recutita</i> ) flower, Organic Vervain aerial parts, Holy Basil ( <i>Ocimum sanctum</i> ) leaf supercritical CO <sub>2</sub> extract		
English Lavender ( <i>Lavandula angustifolia</i> ) flower essential oil	60 mg	†

\* Percent Daily Values are based on a 2,000 calorie diet.  
† Daily Value not established.

Other ingredients: Vegetable glycerin, water, vegan capsule (hypromellose), sunflower lecithin and olive oil.

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## Emotional Balance

### SUPPORTS A POSITIVE AND UPLIFTED MOOD\*

Emotional Balance is expertly designed to support mental and emotional well-being.\* This formula helps foster a better outlook on life through a combination of botanical extracts traditionally used to help the body cope with daily stress, nourish the nervous system, calm the mind, and support a balanced mood.\*

ITEM# 90P52060 COUNT 60

## Holy Basil

### ADAPTOGEN STRESS SUPPORT\*

This formulation uses Holy basil to support a healthy stress response by calming the mind and body.\* Gaia Herbs uses dual extraction technology to deliver the broad spectrum of botanical constituents within Holy basil leaf. Supercritical extraction provides fat-soluble constituents, while water-soluble constituents are extracted with water and alcohol.\*

ITEM# 90P58060 COUNT 60

## Kava 50

### CALMING STRESS SUPPORT\*

Promotes feelings of calm and relaxation during times of stress\* With a validated 50 mg of kavalactones per serving. To ensure the highest quality, we only use Noble kava cultivars.

ITEM# 90432002 COUNT 2 OZ

## Kava 75

### CALMING STRESS SUPPORT\*

Many systems of the body can be negatively affected by stress. That is why achieving a state of calm and relaxation is so important for wellness.\* Kava 75 is a potent extract which helps support emotional balance.\* Made from ecologically harvested Kava from Vanuatu, it contains a guaranteed 75 mg of active kavalactones per serving.

ITEM# 90P10060 COUNT 60

## Nighttime HPA

### STRESS AND RESTORATIVE SUPPORT\*

As one sleeps, the body repairs and restores itself. Nighttime HPA helps maintain the body's systems that support a healthy response to stress.\* When the body experiences stress, the HPA axis is activated. It is important to support that bodily response day and night. Pair with Daytime HPA for full support.

ITEM# 90P49120 COUNT 120

## Revive HPA

### ADVANCED STRESS SUPPORT\*

Occasional exhaustion and stress are a combination seen all too often in modern life. Revive HPA combines pure and potent botanical extracts that approach and address these concerns through multiple mechanisms.\*

ITEM# 90P48060 COUNT 60

### Supplement Facts

Serving Size 1 Capsule Servings Per Container 60		
	Amount Per Serving	% Daily Value
Total Carbohydrate	<1g	<1%*
Proprietary Extract Blend	550 mg	†
Organic Oats ( <i>Avena sativa</i> ) milky seed extract, St. John's Wort ( <i>Hypericum perforatum</i> ) aerial parts, Organic Passionflower ( <i>Passiflora incarnata</i> ) flowering vine, Organic Vervain aerial parts, Schisandra ( <i>Schisandra chinensis</i> ) berry, Organic Gotu Kola ( <i>Centella asiatica</i> ) leaf, Organic Ginkgo ( <i>Ginkgo biloba</i> ) leaf, Rosemary ( <i>Rosmarinus officinalis</i> ) leaf supercritical CO <sub>2</sub> extract		

\* Percent Daily Values are based on a 2,000 calorie diet. † Daily Value not established.  
Other ingredients: Vegetable glycerin, water, vegan capsule (hypromellose) and sunflower lecithin.  
Each serving contains 1,400 mg dry herb equivalent.

### Supplement Facts

Serving Size 1 Capsule Servings Per Container 60		
	Amount Per Serving	% Daily Value
Total Carbohydrate	<1g	<1%*
Proprietary Extract Blend	363 mg	†
Organic Holy Basil ( <i>Ocimum sanctum</i> ) leaf, Holy Basil ( <i>Ocimum sanctum</i> ) leaf supercritical CO <sub>2</sub> extract		
Eugenols	8.5 mg	†

\* Percent Daily Values are based on a 2,000 calorie diet. † Daily Value not established.  
Other ingredients: Vegetable glycerin, sunflower lecithin, water, vegan capsule (hypromellose) and olive oil.  
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Each capsule contains 2,650 mg dry herb equivalent.

### Supplement Facts

Serving Size 20 Drops (0.67 mL) Servings Per Container About 88		
Amount Per Serving		
Kava ( <i>Piper methysticum</i> ) 0.67 mL† root extract		
Kavalactones	50 mg†	

† Daily Value not established.  
Other ingredients: Alcohol USP (65-75%) and water.  
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### Supplement Facts

Serving Size 1 Capsule Servings Per Container 60		
	Amount Per Serving	% Daily Value
Total Carbohydrate	<1g	<1%*
Kava ( <i>Piper methysticum</i> ) root extract	442 mg	†
Kavalactones	75 mg	†

\* Percent Daily Values are based on a 2,000 calorie diet. † Daily Value not established.  
Other ingredients: Vegetable glycerin, sunflower lecithin, water and vegan capsule (hypromellose).  
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### Supplement Facts

Serving Size 2 Capsules Servings Per Container 60		
	Amount Per Serving	% Daily Value
Calories	5	
Total Carbohydrate	1g	<1%*
Ashwagandha ( <i>Withania somnifera</i> ) root extract	80 mg	†
Organic Reishi Mushroom fruiting body extract	20 mg	†
Organic Cordyceps Mushroom ( <i>Cordyceps militaris</i> ) fruiting body extract	50 mg	†
Proprietary Extract Blend	750 mg	†
Mimosa Tree ( <i>Albizia julibrissin</i> ) bark, Magnolia ( <i>Magnolia officinalis</i> ) bark, Vervain aerial parts, Organic Lemon Balm ( <i>Melissa officinalis</i> ) aerial parts, Organic Cinnamon bark		

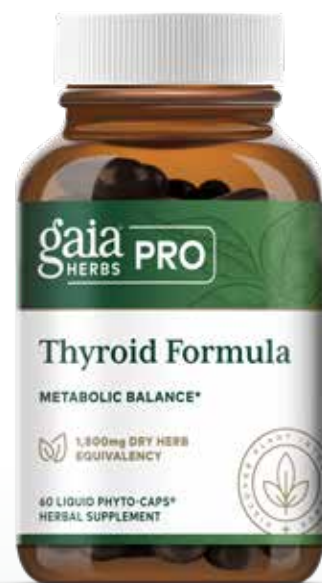
\* Percent Daily Values are based on a 2,000 calorie diet. † Daily Value not established.  
Other ingredients: Vegetable glycerin, water and vegan capsule (hypromellose).  
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### Supplement Facts

Serving Size 2 Capsules Servings Per Container 30		
	Amount Per Serving	% Daily Value
Calories	5	
Total Carbohydrate	1g	<1%*
Rhopticum carthamoides (Stemmacantha carthamoides) root extract	150 mg	†
Siberian Rhodiola ( <i>Rhodiola rosea</i> ) root extract	60 mg	†
Organic Cordyceps ( <i>Cordyceps militaris</i> ) Mushroom fruiting body extract	40 mg	†
Proprietary Extract Blend	700 mg	†
Organic Eleuthero ( <i>Eleutherococcus senticosus</i> ) root, Schisandra ( <i>Schisandra chinensis</i> ) berry, Southern Prickly Ash ( <i>Zanthoxylum clava-herculis</i> ) bark, Organic Asian Ginseng ( <i>Panax ginseng</i> ) root, Organic Licorice root		

\* Percent Daily Values are based on a 2,000 calorie diet. † Daily Value not established.  
Other ingredients: Vegetable glycerin, water and vegan capsule (hypromellose).





## Rhodiola

### ADAPTOGEN STRESS SUPPORT\*

Rhodiola is a potent herb that is traditionally used to help the body adapt to stress in a healthy way.\* Each one capsule serving delivers a guaranteed 6 mg of active rosavins for a potent, single-herb formula to help your patients support healthy energy and stress levels.\*

ITEM# 90P47060 COUNT 60

## St. John's Wort

### ADAPTOGEN AND NERVINE STRESS SUPPORT\*

Research has shown that St. John's wort extract may support positive emotional health.\* Each three-capsule daily serving of Gaia Herbs' fresh St. John's wort flowering buds delivers a concentrated extract with 2.7 mg of hypericins — a dose consistent with that used in published research for providing nervous system support to promote a healthy mood.\*

ITEM# 90P22060 COUNT 60

## Thyroid Formula

### SUPPORTS HEALTHY THYROID FUNCTION\*

Because it helps regulate metabolism, every major system in the body is affected by altered levels of thyroid hormones. This unique formula supports normal thyroid hormone production, helping to maintain optimal weight, neuromuscular tone, and cardiovascular health.\*

ITEM# 90P30060 COUNT 60  
ITEM# 90P30120 COUNT 120

Supplement Facts		
Serving Size 1 Capsule Servings Per Container 60		
	Amount Per Serving	% Daily Value
Total Carbohydrate	<1g	<1%*
Siberian Rhodiola ( <i>Rhodiola rosea</i> ) root extract	120 mg	†
Rosavins	6 mg	†

\* Percent Daily Values are based on a 2,000 calorie diet.  
† Daily Value not established.

Other ingredients: Vegetable glycerin, vegan capsule (hypromellose) and water.

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Each capsule contains 850 mg dry herb equivalent.

Supplement Facts		
Serving Size 1 Capsule Servings Per Container 60		
Amount Per Serving		
Organic St. John's Wort ( <i>Hypericum perforatum</i> ) aerial parts extract	333 mg	†
Hypericins	0.9 mg	†

† Daily Value not established.

Other ingredients: Organic rice hulls, organic vegan capsule (organic pullulan), and organic maltodextrin.

Manufactured for: Gaia Herbs, Inc., 101 Gaia Herbs Drive, Brevard, NC 28712

Certified Organic by Oregon Tilth.

Supplement Facts		
Serving Size 2 Capsules Servings Per Container 60		
	Amount Per Serving	% Daily Value
Calories	5	
Total Carbohydrate	2g	<1%*
Iodine (from Kelp fronds and Brown Seaweed fronds)	100 mcg	67%
Ashwagandha ( <i>Withania somnifera</i> ) root extract	80 mg	†
Proprietary Extract Blend	630 mg	†
Coleus forskohlii root, L-Tyrosine, Schisandra ( <i>Schisandra chinensis</i> ) berry		

\* Percent Daily Values are based on a 2,000 calorie diet.  
† Daily Value not established.

Other ingredients: Vegetable glycerin, sunflower lecithin, water and vegan capsule (hypromellose, chlorophyll).

Gaia Herbs, Inc., 101 Gaia Herbs Drive, Brevard, NC 28712

Each 2 capsules contain 1,800 mg dry herb equivalent.



## Serenocin Heart-Brain Axis

### SUPPORTS MOOD AND HEART HEALTH\*

Serenocin Heart-Brain Axis supports healthy moods and a healthy heart with a proprietary blend of organic and carefully-sourced botanicals chosen for their unique benefits that support healthy heart and healthy brain function.\*

ITEM# 90P97060 COUNT 60 CT

Supplement Facts		
Serving Size 1 Capsule Servings Per Container 60		
	Amount Per Serving	% Daily Value
Total Carbohydrate	<1g	<1%*
Proprietary Extract Blend	350 mg	†
Organic Turmeric ( <i>Curcuma longa</i> ) root, Organic Fenugreek ( <i>Trigonella foenum-graecum</i> ) seed, Organic Hawthorn berry, Organic Hawthorn leaf and flower		
Saffron ( <i>Crocus sativus</i> ) stigma extract	16 mg	†
Turmeric ( <i>Curcuma longa</i> ) root extract	12 mg	†

\* Percent Daily Values are based on a 2,000 calorie diet.  
† Daily Value not established.

Other ingredients: Vegetable glycerin, vegan capsule (hypromellose, chlorophyll) and water.

Gaia Herbs, Inc., 101 Gaia Herbs Drive, Brevard, NC 28712

Each capsule contains 1,550 mg dry herb equivalency.





## Perimenopause & Postmenopause\*

### Black Cohosh

Now backed by scientific evidence, black cohosh has a long history of use supporting a healthy female reproductive system.\* Taken as needed, Black Cohosh can support a woman's body during natural transitional hormonal states, including perimenopause and menopause.\* Gaia Herbs PRO's formula guarantees 2 mg of active triterpene glycosides, the clinically-studied chemicals used as the standard for efficacious doses.

ITEM# 90P33060 COUNT 60



### Female Hormone Formula PM

#### PERIMENOPAUSE & POSTMENOPAUSE\*

While navigating the natural changes during menopause, a good night of sleep may not come easily. This formula, made with a blend of herbs traditionally for maintaining female hormone balance, helps provide hormone support to help patients enjoy a comfortable and restful sleep.\*

ITEM# 90Q86060 COUNT 60

#### Supplement Facts

	Amount Per Serving	% Daily Value
Serving Size 2 Capsules Servings Per Container 30		
Calories	5	
Total Carbohydrate	1g	<1%*
Proprietary Extract Blend	600 mg	†
Mimosa Tree ( <i>Albizia julibrissin</i> ) bark, Organic Passionflower ( <i>Passiflora incarnata</i> ) flowering vine		
Organic Black Cohosh ( <i>Actaea racemosa</i> ) root extract	420 mg	†
St. John's Wort ( <i>Hypericum perforatum</i> ) aerial parts extract	120 mg	†

\* Percent Daily Values are based on a 2,000 calorie diet.  
† Daily Value not established.

Other ingredients: Vegetable glycerin, sunflower lecithin, water and vegan capsule (hypromellose).  
Gaia Herbs, Inc., 101 Gaia Herbs Drive, Brevard, NC 28712



### Female Support Formula

#### SUPPORTS ENDOGENOUS HORMONE PRODUCTION\*

Throughout a woman's lifetime, her body naturally goes through transitional hormone states. Keeping the body and mind balanced through the hormonal fluctuations of PMS and menopause is vital to maintaining an optimal quality of life.

ITEM# 90P17060 COUNT 60

#### Supplement Facts

	Amount Per Serving	% Daily Value
Serving Size 1 Capsule Servings Per Container 60		
Total Carbohydrate	<1g	<1%*
Organic Black Cohosh ( <i>Actaea racemosa</i> ) root extract	200 mg	†
Proprietary Extract Blend	430 mg	†
Organic Alfalfa ( <i>Medicago sativa</i> ) leaf, Organic Red Clover ( <i>Trifolium pratense</i> ) aerial parts, Organic Oats ( <i>Avena sativa</i> ) milky seed extract, Organic Chaste Tree ( <i>Vitex agnus-castus</i> ) berry, Organic Dandelion ( <i>Taraxacum officinale</i> ) root, St. John's Wort ( <i>Hypericum perforatum</i> ) aerial parts, Organic Vervain aerial parts, Organic Dandelion ( <i>Taraxacum officinale</i> ) leaf, Organic Sage ( <i>Salvia officinalis</i> ) leaf		

\* Percent Daily Values are based on a 2,000 calorie diet.  
† Daily Value not established.

Other ingredients: Vegetable glycerin, sunflower lecithin, water and vegan capsule (hypromellose).  
Gaia Herbs, Inc., 101 Gaia Herbs Drive, Brevard, NC 28712



### Fenugreek

#### LACTATION SUPPORT\*

Fenugreek seeds naturally contain nutrients such as B vitamins, Vitamin C, and Beta Carotene – all of which support the optimal production of breast milk in lactating patients.\* Research suggests that fenugreek seeds also help maintain healthy blood sugar metabolism and lipids.\* Gaia Herbs PRO's Fenugreek delivers validated purity and potency with 6,700 mg dry herb equivalency per 3 capsule serving.\*

ITEM# 90P53060 COUNT 60

#### Supplement Facts

	Amount Per Serving	% Daily Value
Serving Size 3 Capsules Servings Per Container 20		
Calories	10	
Total Carbohydrate	2g	<1%*
Organic Fenugreek ( <i>Trigonella foenum-graecum</i> ) seed	1,170 mg	†

\* Percent Daily Values are based on a 2,000 calorie diet.  
† Daily Value not established.

Other ingredients: Vegetable glycerin, water and vegan capsule (hypromellose).  
Gaia Herbs, Inc., 101 Gaia Herbs Drive, Brevard, NC 28712  
Each 3 capsules contain 6,700 mg dry herb equivalent.





## Uterine Formula

### PROGESTERONE SUPPORT\*

Healthy hormone levels are necessary for a woman's physical and emotional well-being. Uterine Formula contains a blend of herbs formulated to support healthy hormonal balance and reproductive health.\*

ITEM# 90020002 COUNT 2 OZ

## Vitex

### PROGESTERONE SUPPORT\*

Healthy hormone levels are necessary for a woman's physical and emotional well-being. Vitex berry has long been used to support hormone production and balance.\* This formula uses certified organic chaste tree berry to provide full spectrum herbal support for women's health.\*

ITEM# 90P73060 COUNT 60

## Vitex Reproductive Formula

### OVULATION AND HORMONE SUPPORT\*

Gaia Herbs PRO's Vitex Reproductive Formula features traditional herbs for healthy reproductive function and helps support healthy hormone levels and ovulation rhythm.\* This formula supports the menstrual cycle and offers premenstrual symptom support.\*

ITEM# 90Q87060 COUNT 60 CT

### Supplement Facts

Serving Size 60 Drops (2 mL)  
Servings Per Container About 30

Amount Per Serving	
Proprietary Extract Blend	2 mL†
Organic Chaste Tree ( <i>Vitex agnus-castus</i> ) berry, Organic Black Elderberry ( <i>Sambucus nigra</i> ) fruit, Organic Black Elderberry ( <i>Sambucus nigra</i> ) fruit juice concentrate, Partridge Berry ( <i>Mitchella repens</i> ) aerial parts, Cramp Bark ( <i>Viburnum opulus</i> ) bark, Organic Vervain aerial parts, Organic Raspberry ( <i>Rubus idaeus</i> ) leaf, Organic Dandelion ( <i>Taraxacum officinale</i> ) leaf, Organic Dandelion ( <i>Taraxacum officinale</i> ) root, Southern Prickly Ash ( <i>Zanthoxylum clava-herculis</i> ) bark	

† Daily Value not established.

Other ingredients: Alcohol USP (40-50%), water and organic honey.

Gaia Herbs, Inc., 101 Gaia Herbs Drive, Brevard, NC 28712

### Supplement Facts

Serving Size 2 Capsules  
Servings Per Container 30

	Amount Per Serving	% Daily Value
Calories	5	
Total Carbohydrate	1g	<1%*
Organic Chaste Tree ( <i>Vitex agnus-castus</i> ) berry extract	1,000 mg	†
Agnuside	3 mg	†

\* Percent Daily Values are based on a 2,000 calorie diet.  
† Daily Value not established.

Other ingredients: Vegetable glycerin, water and vegan capsule (hypromellose).

Gaia Herbs, Inc., 101 Gaia Herbs Drive, Brevard, NC 28712

### Supplement Facts

Serving Size 2 Capsules  
Servings Per Container 30

	Amount Per Serving	% Daily Value
Calories	5	
Total Carbohydrate	1g	<1%*
Proprietary Extract Blend	600 mg	†
Organic Chaste Tree ( <i>Vitex agnus-castus</i> ) berry, Cramp Bark ( <i>Viburnum opulus</i> ) bark, Partridge Berry ( <i>Mitchella repens</i> ) aerial parts, Organic Dandelion ( <i>Taraxacum officinale</i> ) root, Organic Ginger ( <i>Zingiber officinale</i> ) root		

\* Percent Daily Values are based on a 2,000 calorie diet.  
† Daily Value not established.

Other ingredients: Vegetable glycerin, water and vegan capsule (hypromellose).

Gaia Herbs, Inc., 101 Gaia Herbs Drive, Brevard, NC 28712

Each 2 capsules contain 1,050 mg dry herb equivalent.







## Prostate Formula

### SUPPORTS HEALTHY PROSTATE FUNCTION\*

Gaia Herbs PRO's Prostate Formula includes a blend of botanicals to support healthy urinary flow and overall health for men.\* This formula supports metabolism of male hormones and provides antioxidant protection with a unique blend of botanically-derived ingredients including saw palmetto, nettle root, white sage, and pomegranate.\*

ITEM# 90P55060 COUNT 60

Supplement Facts		
Serving Size 2 Capsules	Servings Per Container 30	
	Amount Per Serving	% Daily Value
Calories	10	
Total Fat	<1 g	<1%*
Saw Palmetto ( <i>Serenoa repens</i> ) berry supercritical CO <sub>2</sub> extract (181 mg† fatty acids from Saw Palmetto berry extract)	213 mg	†
Proprietary Extract Blend	620 mg	†

Organic Stinging Nettle (*Urtica dioica*) root, Organic Green Tea (*Camellia sinensis*) leaf, White Sage (*Salvia apiana*) aerial parts, Pumpkin (*Cucurbita pepo*) seed oil, Pomegranate (*Punica granatum*) freeze-dried arils, Pomegranate (*Punica granatum*) seed oil, Rosemary (*Rosmarinus officinalis*) leaf supercritical CO<sub>2</sub> extract

\* Percent Daily Values are based on a 2,000 calorie diet.  
† Daily Value not established.

Other ingredients: Vegetable glycerin, water and vegan capsule (hypromellose).  
Gaia Herbs, Inc., 101 Gaia Herbs Drive, Brevard, NC 28712  
Contains no more than 10 mg of caffeine per 2 capsules.

## Saw Palmetto

### PROSTATE SUPPORT & DHT MANAGEMENT\*

Saw Palmetto optimizes metabolism of male hormones and promotes healthy prostate gland function.\* Delivering a potent 188 mg of extract and 160 mg of fatty acids per serving, just two capsules of Gaia Herbs PRO's Saw Palmetto a day provides the same amount of constituents used in successful human clinical research.

ITEM# 90P21060 COUNT 60

Supplement Facts	
Serving Size 1 Capsule	Servings Per Container 60
	Amount Per Serving
Saw Palmetto ( <i>Serenoa repens</i> ) berry supercritical CO <sub>2</sub> extract (160 mg† fatty acids from Saw Palmetto berry extract)	188 mg†
Sunflower seed lecithin (150 mg† fatty acids from Sunflower seed Lecithin)	350 mg†

† Daily Value not established.

Other ingredients: Vegan capsule (hypromellose).  
Gaia Herbs, Inc., 101 Gaia Herbs Drive, Brevard, NC 28712



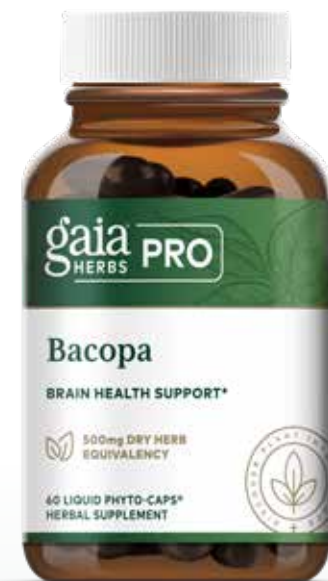


## Helps Promote Overall Neurological Health\*

### Lion's Mane Mushroom

Lion's Mane was given its name due to its unique, fluffy appearance resembling the long tresses of a lion. This nootropic mushroom has a long history of use in Traditional Chinese and Japanese medicine for supporting brain and neurological health.\* Bring this ancient wisdom to your wellness regimen to support mental performance, cognition, focus, and nervous system health.\*

ITEM# 90Q38060 COUNT 60



### Bacopa

#### BRAIN HEALTH SUPPORT\*

Gaia Herbs PRO's Bacopa is considered a Nootropic — a supplement that supports mental performance and can play an important role in maintaining cognitive health.\* In keeping with our commitment to using only the finest plants, we decided to grow some of the highest quality bacopa in the world, in our own Gaia Herbs Greenhouse in North Carolina.

ITEM# 90Q68060 COUNT 60

#### Supplement Facts

	Amount Per Serving	% Daily Value
Serving Size 1 Capsule Servings Per Container 60		
Total Carbohydrate	<1g	<1%*
Organic Bacopa ( <i>Bacopa monnieri</i> ) aerial parts extract	350 mg	†

\* Percent Daily Values are based on a 2,000 calorie diet.  
† Daily Value not established.  
Other ingredients: Vegetable glycerin, water, vegan capsule (hypromellose) and organic olive oil.  
Gaia Herbs, Inc., 101 Gaia Herbs Drive, Brevard, NC 28712  
Each serving contains 500 mg dry herb equivalent.



### Brain Daily: NF-kB Formula

#### CYTOKINE SUPPORT\*

Nootropic supplements that support mental performance can play an important role in maintaining cognitive health.\* Brain Daily: NF-kB Formula, contains a synergistic formula to nourish the mind, support healthy brain function & help maintain healthy recall.\*

ITEM# 90P69060 COUNT 60

#### Supplement Facts

	Amount Per Serving	% Daily Value
Serving Size 1 Capsule Servings Per Container 60		
Total Carbohydrate	<1g	<1%*
Ginkgo ( <i>Ginkgo biloba</i> ) leaf extract	60 mg	†
Bacopa ( <i>Bacopa monnieri</i> ) aerial parts extract	25 mg	†
Turmeric ( <i>Curcuma longa</i> ) root supercritical CO <sub>2</sub> extract	10 mg	†
Black Pepper ( <i>Piper nigrum</i> ) fruit supercritical CO <sub>2</sub> extract	5 mg	†
Rosemary ( <i>Rosmarinus officinalis</i> ) leaf supercritical CO <sub>2</sub> extract	5 mg	†
Proprietary Extract Blend	425 mg	†

Organic Turmeric (*Curcuma longa*) root, Organic Gotu Kola (*Centella asiatica*) leaf, Schisandra (*Schisandra chinensis*) berry  
\* Percent Daily Values are based on a 2,000 calorie diet.  
† Daily Value not established.  
Other ingredients: Vegetable glycerin, water, sunflower lecithin and vegan capsule (hypromellose, chlorophyll).



### Cognitive Formula

#### SUPPORTS MENTAL CLARITY, FOCUS & MEMORY\*

Lack of focus and distractibility can make everyday activities a struggle. Cognitive Formula helps enhance the cognitive functions of the brain with concentrated herbal extracts that support memory, concentration, and clear thought.\* The inclusion of plant-based antioxidants additionally helps support the integrity of vessels that deliver blood to the brain.\*

ITEM# 90P07060 COUNT 60

#### Supplement Facts

	Amount Per Serving	% Daily Value
Serving Size 2 Capsules Servings Per Container 30		
Calories	5	
Total Carbohydrate	2g	<1%*
Proprietary Extract Blend	836 mg	†

Eleuthero (*Eleutherococcus senticosus*) root extract, Organic Oats (*Avena sativa*) milky seed extract, Fo-Ti (*Polygonum multiflorum*) root cured, Organic Ginkgo (*Ginkgo biloba*) leaf, Organic Gotu Kola (*Centella asiatica*) leaf, Organic Peppermint (*Mentha x piperita*) leaf, Rosemary (*Rosmarinus officinalis*) leaf supercritical CO<sub>2</sub> extract  
\* Percent Daily Values are based on a 2,000 calorie diet.  
† Daily Value not established.  
Other ingredients: Vegetable glycerin, water and vegan capsule (hypromellose).  
Gaia Herbs, Inc., 101 Gaia Herbs Drive, Brevard, NC 28712  
Each 2 capsules contain 2,500 mg dry herb equivalent.





## Ginkgo

### CIRCULATION SUPPORT\*

Ginkgo contains antioxidants that optimize blood flow to the brain, supporting cognitive function, and memory\*. Each daily serving of Gaia Herbs PRO's certified organic Ginkgo – extracted without the use of toxic solvents, provides the equivalence of 24% active ginkgo flavonoid glycosides, plus the full spectrum of phytochemicals that exist naturally in the whole leaf.

ITEM# 90P08060 COUNT 60

## Nootropic Focus

### SUPPORTS MOOD AND COGNITION\*

Nootropics are supplements that support mental performance and can play an important role in maintaining working memory.\* Nootropic Focus contains saffron, lemon balm, and spearmint to support healthy mood, focus, and working memory.\* This revitalizing blend is a go-to when you need help maintaining focus amidst distractions.\*

ITEM# 90P70040 COUNT 40

## Stress and Strain: Antioxidant Activity

### PROMOTES HEALTHY VISION\*

Our eyes rely on antioxidants to protect against the oxidative damage that occurs daily.\* Stress and Strain: Antioxidant Activity promotes healthy vision while supporting normal eye function.\* This formula is a nutritional powerhouse for the eyes.\* With bilberry, grape seed, lutein and astaxanthin.

ITEM# 90P28060 COUNT 60

### Supplement Facts

	Amount Per Serving	% Daily Value
Calories	5	
Total Carbohydrate	1g	<1%*
Proprietary Extract Blend	1,430 mg	†
Organic Ginkgo ( <i>Ginkgo biloba</i> ) leaf, Ginkgo ( <i>Ginkgo biloba</i> ) leaf extract		
Flavonoid glycosides	20 mg	†

\* Percent Daily Values are based on a 2,000 calorie diet.  
† Daily Value not established.

Other ingredients: Vegetable glycerin, water and vegan capsule (hypromellose, chlorophyll).

Gaia Herbs, Inc., 101 Gaia Herbs Drive, Brevard, NC 28712

### Supplement Facts

	Amount Per Serving	% Daily Value
Calories	5	
Total Carbohydrate	1g	<1%*
Saffron ( <i>Crocus sativus</i> ) stigma extract	32 mg	†
Ginkgo ( <i>Ginkgo biloba</i> ) leaf extract	120 mg	†
Proprietary Extract Blend	800 mg	†
Organic Spearmint ( <i>Mentha spicata</i> ) leaf, Organic Lemon Balm ( <i>Melissa officinalis</i> ) aerial parts		

\* Percent Daily Values are based on a 2,000 calorie diet.  
† Daily Value not established.

Other ingredients: Vegetable glycerin, water and vegan capsule (hypromellose, chlorophyll).

Gaia Herbs, Inc., 101 Gaia Herbs Drive, Brevard, NC 28712

### Supplement Facts

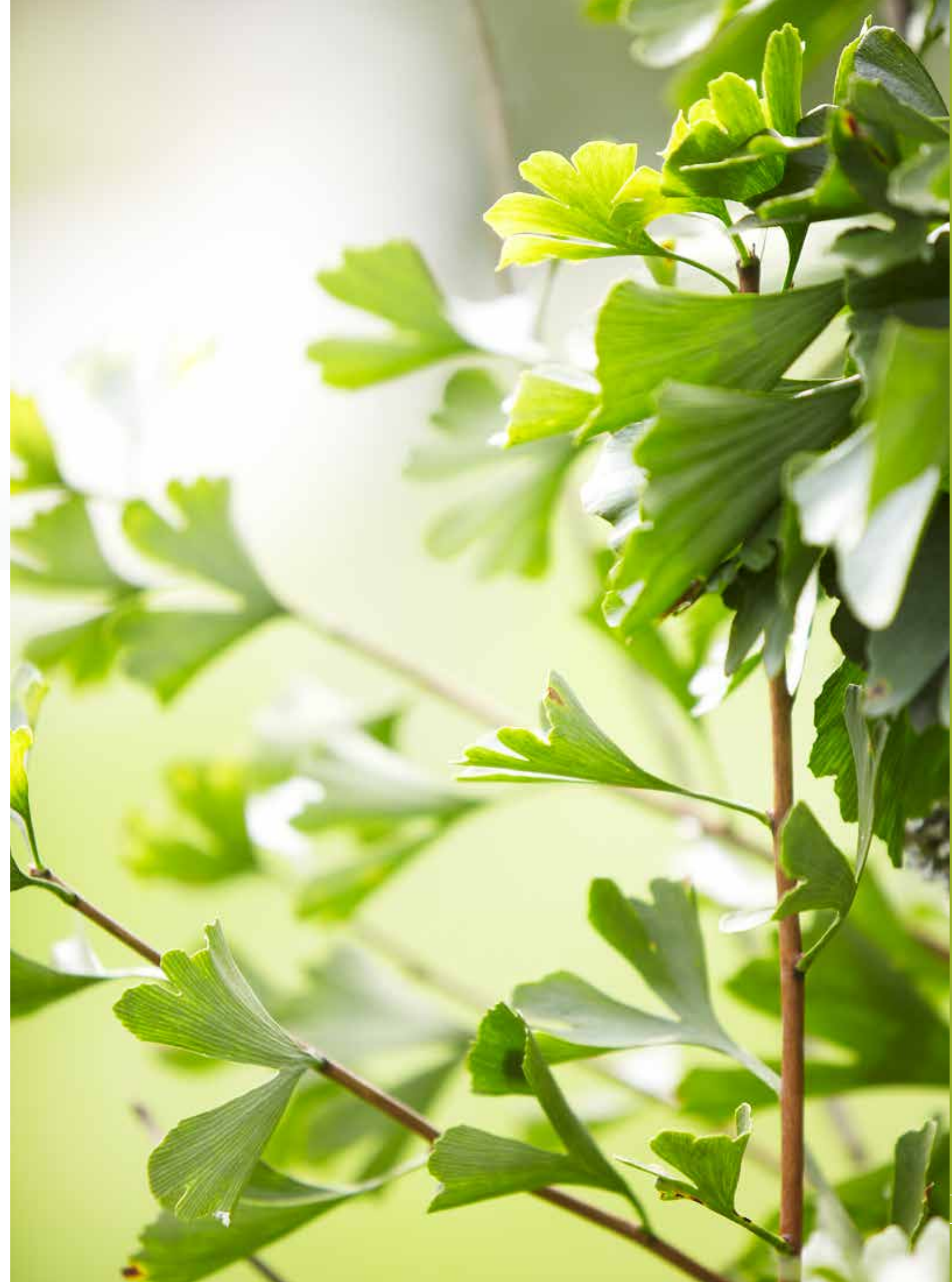
	Amount Per Serving	% Daily Value
Total Carbohydrate	<1g	<1%*
Marigold flowers supercritical CO <sub>2</sub> extract	140 mg	†
Lutein	5 mg	†
Proprietary Extract Blend	36 mg	†
Bilberry ( <i>Vaccinium myrtillus</i> ) berry extract, Grape ( <i>Vitis vinifera</i> ) seed extract, Astaxanthin (from microalgae)		

\* Percent Daily Values are based on a 2,000 calorie diet.  
† Daily Value not established.

Other ingredients: Vegetable glycerin and vegan capsule (hypromellose, chlorophyll).

Gaia Herbs, Inc., 101 Gaia Herbs Drive, Brevard, NC 28712

Each capsule contains 4,300 mg dry herb equivalent.







## Sleep Quality Supported by Research\*

### Somni-Mint Rosmarinic Complex

MELATONIN-FREE, POLYPHENOL FORMULA\*

A double-blind, randomized placebo controlled trial of the DailyZz Sleep Support blend within Somni-Mint has been shown to have a statistically significant improvement in subjective sleep quality.\* Somni-Mint Rosmarinic Complex is a melatonin-free, polyphenol formula intended to support sleep.

ITEM# 90C79060 COUNT 60



### Sleep Formula

AIDS IN FALLING ASLEEP QUICKLY\*

For some, falling asleep is sometimes the most troubling aspect of the sleep cycle. Sleep Formula's all-herbal formula features extracts of herbs historically recognized to facilitate the transition from wakefulness to sleep.\*

ITEM# 90P25060 COUNT 60

#### Supplement Facts

Serving Size 3 Capsules Servings Per Container 20		
	Amount Per Serving	% Daily Value
Calories	10	
Total Carbohydrate	2 g	<1%*
Proprietary Extract Blend	1,731 mg	†

Organic Passionflower (*Passiflora incarnata*) flowering vine, Organic Hops (*Humulus lupulus*) strobile, Organic Skullcap (*Scutellaria lateriflora*) aerial parts extract, Organic Valerian (*Valeriana officinalis*) root extract, Organic California Poppy (*Eschscholzia californica*) whole plant, Organic Vervain aerial parts, Organic Gotu Kola (*Centella asiatica*) leaf, Organic Lavender flower essential oil

\* Percent Daily Values are based on a 2,000 calorie diet.  
† Daily Value not established.

Other ingredients: Vegetable glycerin, water and vegan capsule (hypromellose).  
Gaia Herbs, Inc., 101 Gaia Herbs Drive, Brevard, NC 28712  
Each 3 capsules contain 4,350 mg dry herb equivalent.



### Sleep Maintenance

SUPPORTS RESTFUL SLEEP\*

Getting a complete night's sleep is essential to overall health. Sleep Maintenance is a unique blend of herbs that supports restful sleep and healthy adrenal function.\* When the body's stress pathways are naturally supported, one can rest more easily and consistently.\* This formula promotes restorative sleep all night long, allowing you to feel refreshed upon waking.\*

ITEM# 90P77060 COUNT 60

#### Supplement Facts

Serving Size 2 Capsules Servings Per Container 30		
	Amount Per Serving	% Daily Value
Calories	5	
Total Carbohydrate	1 g	<1%*
Proprietary Extract Blend	940 mg	†

Organic Ashwagandha (*Withania somnifera*) root, Magnolia (*Magnolia officinalis*) bark, Organic Passionflower (*Passiflora incarnata*) flowering vine, Organic Jujube date (*Ziziphus jujuba*) fruit and seed

\* Percent Daily Values are based on a 2,000 calorie diet.  
† Daily Value not established.

Other ingredients: Vegetable glycerin, water and vegan capsule (hypromellose).  
Gaia Herbs, Inc., 101 Gaia Herbs Drive, Brevard, NC 28712  
Each 2 capsules contain 2,450 mg dry herb equivalent.





## Traditional Immune Maintenance\*

### 3-in-1 Immune Formula

Gaia Herbs PRO's 3-in-1 Immune Formula is designed to provide deep-level immune support while assisting the body in adapting to daily stress.\* The herbs in this formula work together to encourage overall immune system health, stamina, and endurance to physical and emotional stress.\* It also provides antioxidant protection to cells and tissues.\*

ITEM# 90P46060 COUNT 60



### Black Elderberry PRO

SUPPORTS A HEALTHY IMMUNE RESPONSE\*

An immune season essential to help maintain well-being.\* Gaia Herbs Black Elderberry PRO capsules are a great choice for on-the-go support.\* Like our best-selling syrup, our Black Elderberry capsules are concentrated and made with organic black elderberry extract.\*

ITEM# 90P38120 COUNT 120

#### Supplement Facts

Serving Size 2 Capsules		Servings Per Container 60	
Amount Per Serving			% Daily Value
Organic Black Elderberry ( <i>Sambucus nigra</i> ) fruit extract	158 mg†		
Organic Acerola ( <i>Malpighia glabra</i> ) fruit extract	550 mg†		

† Daily Value not established.  
 Other ingredients: Organic acacia gum and organic vegan capsule (organic pullulan).  
 Manufactured for: Gaia Herbs, Inc., 101 Gaia Herbs Drive, Brevard, NC 28712  
 Certified organic by Oregon Tilth.  
 Each 2 capsules contain 10,100 mg of Black Elderberry fresh herb equivalent.



### Daily Lung Formula

IMMUNE & RESPIRATORY SUPPORT\*

Heightened immune challenges and exposure to environmental pollution are taxing on the lungs. Daily Lung Formula's powerful blend combines adaptogenic and respiratory-supporting herbs to support long-term lung health and easy breathing.\* Made with mullein, Gaia-grown® plantain, schisandra, and elecampane.

ITEM# 90Q19060 COUNT 60

#### Supplement Facts

Serving Size 1 Capsule		Servings Per Container 60	
Amount Per Serving			% Daily Value
Total Carbohydrate	<1g		<1%*
Olive ( <i>Olea europaea</i> ) leaf extract	30 mg		†
Holy Basil ( <i>Ocimum sanctum</i> ) leaf supercritical CO <sub>2</sub> extract	12 mg		†
Respiratory Vitality Extract Blend*	425 mg		†

Organic Mullein leaf, Organic Marshmallow (*Althaea officinalis*) root extract, Organic Plantain leaf, Organic Elecampane (*Inula helenium*) root, Grindelia floral buds and tops, Red Root (*Ceanothus americanus*) root, Organic Hawthorn berry, Schisandra (*Schisandra chinensis*) berry  
 \* Percent Daily Values are based on a 2,000 calorie diet.  
 † Daily Value not established.

Other ingredients: Vegetable glycerin, sunflower lecithin, water, vegan capsule (hypromellose) and olive oil.  
 Gaia Herbs, Inc. 101 Gaia Herbs Dr., Brevard, NC 28712.  
 Each capsule contains 1,600 mg dry herb equivalent.



### Reishi Mushroom

IMMUNE AND LONGEVITY SUPPORT\*

Reishi has long been regarded as the "queen of mushrooms" and the "mushroom of immortality" and was once reserved exclusively for use by royalty. Bring this ancient wisdom to your daily routine, designed to maintain a healthy immune system, support heart health and stress.\*

ITEM# 90Q39060 COUNT 60

#### Supplement Facts

Serving Size 2 Capsules		Servings Per Container 30	
Amount Per Serving			% Daily Value
Total Carbohydrate	<1g		<1%*
Organic Reishi fruiting body extracts	900 mg		†
Beta Glucans	226 mg		†

\* Percent Daily Values are based on a 2,000 calorie diet.  
 † Daily Value not established.

Other ingredients: Organic vegan capsule (organic pullulan).  
 Manufactured for: Gaia Herbs, Inc., 101 Gaia Herbs Dr., Brevard, NC 28712  
 Certified Organic by Oregon Tilth.  
 Each two capsule serving is equivalent to 5 g of dry mushrooms  
 Contains a blend of water and dual-extracted mushrooms





## Mast Cell Support\*

### Quercetin Synergy 500

Quercetin Synergy 500 is an ideal option for seasonal support. It contains 500 mg of quercetin and 250 mg of Vitamin C as well as manganese, bromelain, turmeric, and citrus bioflavonoids. This formula is intended to support mast cells which, when degranulated, release histamine.\*

ITEM# 90C72100 COUNT 100





## Supports a Healthy Immune Response\*

### Olive Leaf 1360

Thanks to its antioxidant properties, olive leaf is traditionally used to help maintain the body's natural immune defenses and promote cardiovascular health.\* At Gaia Herbs, we use gentle, natural processes to extract our olive leaf into a concentrated liquid, preserving its primary active constituent oleuropein. With 1,360 mg of olive leaf per serving, the formula delivers 100 mg of this beneficial compound.

ITEM# 90P15120 COUNT 120



### Echinacea Blend

#### HEALTHY IMMUNE RESPONSE AT ONSET\*

Echinacea has been used successfully for hundreds of years to support immune health.\* Gaia Herbs' *Echinacea purpurea* is grown on Gaia's certified organic farm. Concentrated for a fast-acting response, Echinacea Blend contains the full spectrum of echinacea phytochemicals — including isobutylamides, the constituents most effective at supporting a healthy immune response.\*

ITEM# 90P05060 COUNT 60

#### Supplement Facts

	Amount Per Serving	% Daily Value
Serving Size 2 Capsules Servings Per Container 30		
Calories	5	
Total Carbohydrate	1g	<1%*
Proprietary Extract Blend	955 mg	†
Organic <i>Echinacea purpurea</i> root, seed and aerial parts, Organic <i>Echinacea angustifolia</i> root, Organic <i>Echinacea purpurea</i> root supercritical CO <sub>2</sub> extract		
Alkylamides	3 mg	†

\* Percent Daily Values are based on a 2,000 calorie diet.  
† Daily Value not established.

Other ingredients: Vegetable glycerin, water and vegan capsule (hypromellose).  
Gaia Herbs, Inc., 101 Gaia Herbs Drive, Brevard, NC 28712



### Immune Activator

#### IMMUNE RESPONSE AT ONSET\*

By combining two echinacea species with elderberry, ginger, and andrographis, Gaia Herbs PRO created a best-selling formula to support a healthy immune response at onset.\* Consider Immune Activator as an herbal essential for home, travel, or whenever immune support is needed.\*

ITEM# 90P65040 COUNT 40

#### Supplement Facts

	Amount Per Serving	% Daily Value
Serving Size 2 Capsules Servings Per Container 20		
Calories	5	
Total Carbohydrate	1g	<1%*
Echinacea Extract Blend	100 mg	†
<i>Echinacea purpurea</i> root supercritical CO <sub>2</sub> extract, <i>Echinacea angustifolia</i> root supercritical CO <sub>2</sub> extract		
Alkylamides	9 mg	†
Proprietary Extract Blend	800 mg	†
Andrographis ( <i>Andrographis paniculata</i> ) aerial parts extract, Organic Black Elderberry ( <i>Sambucus nigra</i> ) fruit extract, Organic Ginger ( <i>Zingiber officinale</i> ) root supercritical CO <sub>2</sub> extract		

\* Percent Daily Values are based on a 2,000 calorie diet.  
† Daily Value not established.

Other ingredients: Vegetable glycerin, organic olive oil, vegan capsule (hypromellose, chlorophyll) and water.  
Gaia Herbs, Inc., 101 Gaia Herbs Drive, Brevard, NC 28712  
Each 2 capsules contain 14,550 mg dry herb equivalent.



### Oil Of Oregano

#### SUPPORTS A HEALTHY IMMUNE RESPONSE\*

A natural antioxidant source, oil of oregano contains phytochemicals which support the body's natural resistance.\* Gaia Herbs' supercritical CO<sub>2</sub> extract of oregano volatile oils contains phenols, including carvacrol and thymol. These oils help support a healthy microbial environment in the intestines and a healthy immune response.\*

ITEM# 90P16060 COUNT 60

#### Supplement Facts

	Amount Per Serving
Serving Size 1 Capsule Servings Per Container 60	
Oregano leaf supercritical CO <sub>2</sub> extract 230 mg†	
Carvacrol and Thymol 32 mg†	

† Daily Value not established.

Other ingredients: Sunflower lecithin and vegan capsule (hypromellose).

Gaia Herbs, Inc., 101 Gaia Herbs Drive Brevard, NC 28712

Each capsule contains 2,400 mg dry herb equivalent.





CLINICALLY STUDIED FORMULA

NEW



## Cardiovascular Support\*

### Systolic Complex

Systolic Complex contains a blend of clinically-studied Pomanox® pomegranate and olive leaf and is supported by hibiscus, holy basil, and grape seed extract to maintain healthy blood pressure and promote overall cardiovascular health.\* This formula helps maintain blood vessel and circulatory health\*

ITEM# 90C75060 COUNT 60



### Fermented Beet & Maca

#### CIRCULATION AND ENERGY SUPPORT\*

Fermented beet root may help support kidney, liver, and circulatory health.\* Beets are a source of nitric oxide known to have an effect on blood vessels.\* Fermenting beets allows for the break down of plant fibers to improve digestibility and bioavailability.

ITEM# 90E95060 COUNT 60

#### Supplement Facts

Serving Size 2 Capsules Servings Per Container 30	
Amount Per Serving	
Organic Fermented Beet ( <i>Beta vulgaris</i> ) root	500 mg †
Organic Maca ( <i>Lepidium meyenii</i> ) root	100 mg †
Organic Carrot ( <i>Daucus carota</i> ) root	70 mg †
Organic Spinach ( <i>Spinacia oleracea</i> ) leaf	10 mg †

† Daily Value not established.

Other ingredients: Capsule (pullulan), organic rice powder and calcium (lithothamnium).

Manufactured for Gaia Herbs, Inc., 101 Gaia Herbs Drive, Brevard, NC 28712

VVL 782-60E



### Hawthorn

#### HEART SUPPORT\*

Optimizing heart health sets the foundation for improved quality of life and longevity. Hawthorn extracts have been well researched for supporting many different aspects of heart function and cardiovascular system health.\* With organic hawthorn berry, leaf and flower, hawthorn promotes optimal heart function and healthy circulation.\*

ITEM# 90P31060 COUNT 60

#### Supplement Facts

Serving Size 1 Capsule Servings Per Container 60		
	Amount Per Serving	% Daily Value
Total Carbohydrate	<1g	<1%*
Proprietary Extract Blend	500 mg	†
Organic Hawthorn berry, Organic Hawthorn leaf and flower		

\* Percent Daily Values are based on a 2,000 calorie diet.  
† Daily Value not established.

Other ingredients: Vegetable glycerin, vegan capsule (hypromellose) and water.

Gaia Herbs, Inc., 101 Gaia Herbs Drive, Brevard, NC 28712

Each capsule contains 750 mg dry herb equivalent.



### Resveratrol 150

#### PROVIDES ANTIOXIDANT & CARDIOVASCULAR SUPPORT\*

The phytochemical resveratrol has garnered considerable scientific attention for its potential to support healthy blood vessel function and promote heart health.\* Made with ecologically harvested Japanese knotweed, Gaia Herbs PRO's Resveratrol 150 provides 150 mg trans-resveratrol per daily dose, a similar content to that found in 50 bottles of red wine.

ITEM# 90P68050 COUNT 50

#### Supplement Facts

Serving Size 2 Capsules Servings Per Container 25		
	Amount Per Serving	% Daily Value
Calories	5	
Total Carbohydrate	2g	<1%*
Japanese Knotweed ( <i>Polygonum cuspidatum</i> ) root extracts	672 mg	†
Trans-Resveratrol	150 mg	†

\* Percent Daily Values are based on a 2,000 calorie diet.  
† Daily Value not established.

Other ingredients: Vegetable glycerin, vegan capsule (hypromellose) and water.

Gaia Herbs, Inc., 101 Gaia Herbs Drive, Brevard, NC 28712

Each 2 capsules provides 150 mg Trans-Resveratrol, the same amount found in 50 bottles of red wine. (Based on a mean calculation of one bottle of red wine containing 2.5 mg of Trans-Resveratrol).





## Supports Healthy Blood Sugar\*

### Cinnamon Bark

Cinnamon bark helps support a healthy glycemic balance by supporting healthy blood sugar metabolism.\* Gaia Herbs uses dual extraction technology to deliver a broad spectrum of herbal constituents: Solvent-free supercritical extraction which yields fat-soluble plant compounds, while water and alcohol extraction captures water-soluble phenolic compounds.

ITEM# 90P60120 COUNT 120



### Berberine Metabolic

GLUCOSE AND LIPID SUPPORT\*

Berberine Metabolic supports the maintenance of blood sugar, weight, and cholesterol levels, and aids in maintaining energy reserves within normal limits.\* Evidence suggests berberine may help support metabolic health through the activation of 5' adenosine monophosphate-activated protein kinase, a regulator of cellular energy homeostasis.\*

ITEM# 90E92060 COUNT 60

#### Supplement Facts

Serving Size 1 Capsule Servings Per Container 60		
Amount Per Serving		
Berberine HCl (from Indian Barberry ( <i>Berberis aristata</i> ) bark)	500 mg †	
† Daily Value not established.		

Other ingredients: Cellulose, vegetarian capsule (hypromellose), magnesium stearate and silica.  
Manufactured for Gaia Herbs, Inc.,  
101 Gaia Herbs Drive, Brevard, NC 28712

\* Helping to support healthy blood sugar levels already within normal limits.\*

Berberine is a plant alkaloid naturally occurring in many different herbs, and has been historically used in various cultures for its array of health benefits. Berberine plays an important role at the molecular level, with many functions within cells, helping to support healthy blood sugar levels as well as cardiovascular support.\*



### Magnesium Glycinate 400

PROVIDES ANTIOXIDANT & CARDIOVASCULAR SUPPORT\*

Magnesium is required for well over 200 processes within the human body. Gaia Herbs PRO's Magnesium Glycinate 400 provides this essential mineral in a highly absorbable and utilizable form that is easy on the digestive tract.

ITEM# 90P68050 COUNT 50

#### Supplement Facts

Serving Size 3 Capsules Servings Per Container 60		
	Amount Per Serving	% Daily Value
Magnesium (from magnesium glycinate)	400 mg	95%

Other ingredients: Vegetarian capsule (hypromellose), vegetable stearin, magnesium stearate, silica and cellulose.

Manufactured for Gaia Herbs, Inc.,  
101 Gaia Herbs Drive, Brevard, NC 28712

Magnesium helps the body respond naturally to stress, and supports a deep sense of relaxation.\* Magnesium glycinate is highly bioavailable, and is better absorbed than other forms of supplemental magnesium.\*



### Tri-Glycemic

SUPPORTS POSTPRANDIAL GLUCOSE LEVELS\*

Tri-Glycemic features fig fruit extract to support blood sugar levels following meals.\* BPL1 (heat-treated *Bifidobacterium lactis*) is included as a postbiotic which has clinical substantiation for metabolic parameters. Bitter melon, kimchi ferment, and supercritical ginger extract are included in this formula for additional support.

ITEM# 90Q14060 COUNT 60

#### Supplement Facts

Serving Size 2 Capsules Servings Per Container 30		
	Amount Per Serving	% Daily Value
Calories	5	
Total Carbohydrate	1g	<1%*
Sodium	30 mg	1%*
Kimchi postbiotic concentrate extract	950 mg	†
ABALife®-Fig ( <i>Ficus carica</i> ) fruit extract	200 mg	†
Bitter Melon ( <i>Momordica charantia</i> ) fruit extract	70 mg	†
BPL1® postbiotic <i>B. lactis</i> CECT8145	34 mg	†
Organic Ginger ( <i>Zingiber officinale</i> ) root supercritical CO <sub>2</sub> extract	20 mg	†

\* Percent Daily Values are based on a 2,000 calorie diet.  
† Daily Value not established.

Other ingredients: Vegetable glycerin, vegan capsule (hypromellose), water, and maltodextrin.

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ABALife® is a registered trademark of Euromed S.A.

BPL1® is a registered trademark of Biopdis, S.L.





## Daily Support for a Healthy Liver\*

### Daily Liver PRO

Proper liver function is essential to wellness. This daily support formula is designed to help maintain a healthy liver and sustain overall well-being with an expert, synergistic blend of milk thistle, turmeric, schisandra, and licorice root.\* Gaia Herbs' milk thistle delivers guaranteed levels of silymarins.

ITEM# 90P11120 COUNT 120



### Detoxification Formula

#### PROMOTES LIVER HEALTH\*

A combination of liver-supporting herbs like milk thistle and yellow dock, which has a diverse history of uses, including the encouragement of healthy peristalsis.\* This formula also promotes the natural detoxification process while encouraging excretion with the lymphatic system, kidneys, and bladder.\*

ITEM# 90916002 COUNT 2 OZ

#### Supplement Facts

Serving Size 60 Drops (2 mL)  
Servings Per Container About 30

Amount Per Serving	
Proprietary Extract Blend	2 mL†
Organic Milk Thistle ( <i>Silybum marianum</i> ) seed, Organic Echinacea purpurea root, Oregon Grape ( <i>Mahonia aquifolium</i> ) root, Sarsaparilla root, Organic Yellow Dock ( <i>Rumex crispus</i> ) root, Organic Echinacea angustifolia root, Organic Burdock ( <i>Arctium lappa</i> ) root, Organic Echinacea purpurea seed & aerial parts	

† Daily Value not established.

Other ingredients: Alcohol USP (52-62%) and water.

Gaia Herbs, Inc., 101 Gaia Herbs Drive, Brevard, NC 28712

400mg/mL  
HERB EQUIVALENCY



### Glutathione 500

#### DETOX ANTIOXIDANT\*

Glutathione provides antioxidant activity within cells, quenching free radicals from normal metabolic processes.\* Provides 500 mg of reduced glutathione per each vegan capsule.

ITEM# 90E94030 COUNT 30

#### Supplement Facts

Serving Size 1 Capsule  
Servings Per Container 30

Amount Per Serving	
Glutathione (as reduced L-glutathione)	500 mg †

† Daily Value not established.

Other ingredients: Vegan capsule (hypromellose), cellulose, calcium stearate, and silica.

Manufactured for Gaia Herbs, Inc., 101 Gaia Herbs Drive, Brevard, NC 28712

VVL 803-60A



### Milk Thistle 1000

#### SUPPORTS HEALTHY LIVER FUNCTION\*

Our Milk Thistle seed is extracted to preserve optimal potency: The low-temperature, low-pressure concentrates the herb's important phytochemical silymarin, which is believed to help maintain healthy liver cells and cholesterol metabolism in individuals with already normal cholesterol levels.

ITEM# 90P13120 COUNT 120

#### Supplement Facts

Serving Size 4 Capsules  
Servings Per Container 30

	Amount Per Serving	% Daily Value
Calories	5	
Total Carbohydrate	1g	<1%*
Organic Silactive® Milk Thistle ( <i>Silybum marianum</i> ) fruit extract	1,000 mg	†
Silymarins	500 mg	†

\* Percent Daily Values are based on a 2,000 calorie diet.

† Daily Value not established.

Other ingredients: Organic acacia gum, organic rice hulls, and vegan organic capsule (organic pullulan).

Manufactured for: Gaia Herbs, Inc., 101 Gaia Herbs Drive, Brevard, NC 28712

Certified Organic by Oregon Tilth.

Each 4 capsules contain 30,000 mg dry herb equivalent.

◇ As compared to standard Milk Thistle extract





## Ginger & Turmeric PRO

WITH CONCENTRATED SUPERCRITICAL EXTRACTS\*

Ginger has a long history of use for stimulating healthy digestion, promoting healthy inflammation, supporting heart health, and alleviating occasional nausea.\* Our Ginger & Turmeric PRO utilizes dual extraction technology to deliver the broadest spectrum of herbal constituents.

ITEM# 90P67060 COUNT 60



## Digestive Bitters with Turmeric

UPPER DIGESTIVE SUPPORT\*

The use of bitters to help aid healthy digestion has a long history of use in China, India, Europe, and the Americas, dating back thousands of years. This traditional Eclectic formula supports digestion to promote healthy assimilation of foods and provides the enzyme catalyst important for the breakdown of food nutrients.\*

ITEM# 90016002 COUNT 2 OZ

### Supplement Facts

Serving Size 60 Drops (2 mL)  
Servings Per Container About 30

Amount Per Serving	
Proprietary Extract Blend	2 mL†
Organic Turmeric ( <i>Curcuma longa</i> ) root, Organic Milk Thistle ( <i>Silybum marianum</i> ) seed extract, Wild Yam ( <i>Dioscorea villosa</i> ) root, Organic Dandelion ( <i>Taraxacum officinale</i> ) root, Organic Gentian ( <i>Gentiana lutea</i> ) root, Organic Cardamom ( <i>Elettaria cardamomum</i> ) seed, Organic Fennel ( <i>Foeniculum vulgare</i> ) seed, Organic Ginger ( <i>Zingiber officinale</i> ) root, Brown Seaweed fronds, Kelp ( <i>Laminaria digitata</i> ) fronds, Dulse ( <i>Palmaria palmata</i> ) fronds, Amla ( <i>Phyllanthus emblica</i> ) fruit extract, Bitter Orange ( <i>Citrus x aurantium</i> ) peel essential oil, Anise seed ( <i>Pimpinella anisum</i> ) essential oil	

† Daily Value not established.

Other ingredients: Alcohol USP (50-60%) and water.



## GI Stress

GUT-BRAIN AXIS\*

Digestive stress is extremely common and can cause a range of gastrointestinal problems. Gaia Herbs PRO's GI Stress contains 125 mg of clinically-studied Holixer™ Holy basil and a carefully formulated blend of digestive nervines, including gotu kola, jujube, lemon balm, and chamomile, to help maintain a healthy stress response and digestive wellness.\*

ITEM# 90P75060 COUNT 60

### Supplement Facts

Serving Size 1 Capsule  
Servings Per Container 60

Amount Per Serving	
Digestive Nerve Extract Blend*	350 mg†
Organic Gotu Kola ( <i>Centella asiatica</i> ) aerial parts, Organic Jujube ( <i>Ziziphus jujuba</i> ) fruit and seed, Organic Lemon Balm ( <i>Melissa officinalis</i> ) aerial parts, Organic Chamomile ( <i>Matricaria recutita</i> ) flowers	
Holixer™ Holy Basil ( <i>Ocimum tenuiflorum</i> ) extract	125 mg†
Hops ( <i>Humulus lupulus</i> ) strobile supercritical CO <sub>2</sub> extract	5 mg†

† Daily Value not established.

Other ingredients: Vegetable glycerin, vegan capsule (hypromellose) and water.

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Holixer™ is a trademark of Natural Remedies Pvt. Ltd.



## Marshmallow Root

SUPPORTS A HEALTHY GASTROINTESTINAL (GI) TRACT\*

Marshmallow root (*Althaea officinalis*) is a perennial herb native to Europe and Asia that has been used as a folk remedy for thousands of years. Made with Gaia-grown® Organic marshmallow root, this formula is traditionally taken to support a healthy gastrointestinal (GI) tract health.

ITEM# 90475002 COUNT 2 OZ

### Supplement Facts

Serving Size 50 Drops (1.67 mL)  
Servings Per Container About 35

Amount Per Serving	
Organic Marshmallow ( <i>Althaea officinalis</i> ) root extract	1.67 mL†

† Daily Value not established.

Other ingredients: Water and organic alcohol USP (20-30%).

Gaia Herbs, Inc., 101 Gaia Herbs Drive, Brevard, NC 28712

Certified Organic by Oregon Tilth

 333mg/mL  
HERB EQUIVALENCY



## MMC Restore

SUPPORTS UPPER GASTRIC MOTILITY\*

This product is intended to support the Migrating Motor Complex (MMC), a cyclical motility pattern that occurs in the stomach (in a fasting state) and the small bowel.\* The MMC initiates peristalsis along the entire intestinal tract and is responsible for sweeping stomach and bowel contents distally.

ITEM# 90P95060 COUNT 60

### Supplement Facts

Serving Size 1 Capsule  
Servings Per Container 60

	Amount Per Serving	% Daily Value
Total Carbohydrate	<1 g	<1%*
Proprietary Extract Blend	425 mg	†
Organic Fennel ( <i>Foeniculum vulgare</i> ) seed, Organic Gentian ( <i>Gentiana lutea</i> ) root, Magnolia ( <i>Magnolia officinalis</i> ) bark, Organic Turmeric ( <i>Curcuma longa</i> ) root, Organic Orange ( <i>Citrus sinensis</i> ) peel		
Bitter Orange ( <i>Citrus x aurantium</i> ) peel essential oil	600 mcg	†

† Daily Value not established.

\* Percent Daily Values are based on a 2,000 calorie diet.

† Daily Value not established.

Other ingredients: Vegetable glycerin, vegan capsule (hypromellose) and water.

Gaia Herbs, Inc., 101 Gaia Herbs Drive, Brevard, NC 28712

Each capsule contains 850 mg dry herb equivalency.





## Supports a Healthy Microbiome\*

### Intestinal Fungal Balance

Intestinal Fungal Balance is a blend of botanicals that may inhibit fungal activity in healthy individuals to support healthy digestion and a balanced microbiome.\*

The botanicals chosen for this product are intended to support a healthy stress and immune function.\* Studies show that when secondary bile acids are sufficient, they more readily resist fungal colonization at the cellular level.\*

ITEM# 90P96060 COUNT 60



### Gastric Stress Formula

#### GI TONIC\*

Stress happens! Ease into the stressors of life with Gastric Stress Formula, a delicious tonic to help support a calm stomach.\* Contains a synergistic blend of chamomile, fennel, spearmint, ginger, and lemon balm.

ITEM# 90030002 COUNT 2 OZ

#### Supplement Facts

Serving Size 60 Drops (2 mL)  
Servings Per Container About 30

Amount Per Serving	
Proprietary Extract Blend	2 mL†
Organic Chamomile ( <i>Matricaria recutita</i> ) flower, Organic Fennel ( <i>Foeniculum vulgare</i> ) seed, Organic Lemon Balm ( <i>Melissa officinalis</i> ) aerial parts, Organic Spearmint ( <i>Mentha spicata</i> ) leaf, Organic Catnip ( <i>Nepeta cataria</i> ) aerial parts, Organic Ginger ( <i>Zingiber officinale</i> ) root	

† Daily Value not established.

Other ingredients: Vegetable glycerin and water.  
Gaia Herbs, Inc., 101 Gaia Herbs Drive, Brevard, NC 28712



### GI BFF

#### SUPPORTS OCCASIONAL GAS AND BLOATING\*

GI-BFF contains 150 mg of clinically-studied Benegut® to support digestive health and occasional gas and bloating.\* Benegut® acts on musculotropic, neurotropic, and cholinergic activity to support regularity and intestinal function.\*

ITEM# 90C74060 COUNT 60

#### Supplement Facts

Serving Size 1 Capsule Servings Per Container 60

Amount Per Serving		% Daily Value
Benegut® - Perilla ( <i>Perilla frutescens</i> ) leaf extract	150 mg†	
Organic Fennel ( <i>Foeniculum vulgare</i> ) seed	100 mg†	
Organic Cinnamon bark	85 mg†	
Organic Peppermint ( <i>Mentha x piperita</i> ) leaf essential oil	40 mg†	
Organic Chamomile ( <i>Matricaria recutita</i> ) flowers supercritical CO <sub>2</sub> extract	25 mg†	
Bitter Fennel ( <i>Foeniculum vulgare</i> ) seed supercritical CO <sub>2</sub> extract	15 mg†	

† Daily Value not established.

Other ingredients: Maltodextrin, organic vegan capsule (organic pullulan), and acacia gum.  
Manufactured for: Gaia Herbs, Inc.  
101 Gaia Herbs Drive, Brevard, NC 28712  
Benegut® is a registered trademark of Vital Solutions GmbH, Germany.



### Microbiome Cleanse

#### PROMOTES HEALTH & FUNCTION OF THE GI TRACT\*

Microbiome Cleanse combines herbs traditionally used to balance the GI tract and support digestive health.\* Made with a blend of black walnut, sweet wormwood, oregano, and peppermint.

ITEM# 90Q71060 COUNT 60

#### Supplement Facts

Serving Size 1 Capsule  
Servings Per Container 60

	Amount Per Serving	% Daily Value
Total Carbohydrate	<1 g	<1%*
Proprietary Extract Blend	438 mg	†
Black Walnut green hulls extract, Organic Sweet Wormwood aerial parts, Organic Oregano leaf, Oregon Grape root, Andrographis aerial parts extract, Organic Cinnamon bark supercritical CO <sub>2</sub> extract		
Organic Peppermint leaf essential oil	37 mg	†

\* Percent Daily Values are based on a 2,000 calorie diet.  
† Daily Value not established.

Other ingredients: Vegetable glycerin, sunflower lecithin, water and vegan capsule (hypromellose, chlorophyll).  
Contains tree nuts (black walnut).  
Gaia Herbs, Inc., 101 Gaia Herbs Drive, Brevard, NC 28712





## Microbiome Fuel

### GENTLE PREBIOTIC FORMULA

Gut health is the foundation for overall wellness.\* Prebiotics offer the nourishment that healthy digestive flora need to thrive within the GI tract. Support digestive health with Microbiome Fuel, a pleasant, plant-based prebiotic powder with cinnamon and ginger. Made without added fillers, flavors, or sweeteners.\* This powder is convenient to use and mixes easily in water.\*

ITEM# 90C70004 COUNT 4.4 OZ

Supplement Facts		
Serving Size 1 Tablespoon (7 g) Servings Per Container 18		
Amount Per Serving	% Daily Value	
Calories	25	
Total Carbohydrate	6 g 2%*	
Dietary Fiber	3 g 10%*	
Soluble Fiber	2 g	
Insoluble Fiber	<1 g	
Calcium	55 mg 4%	
Iron	<1 mg 3%	
Sodium	20 mg <1%	
Larch gum extract	1,664 mg †	

Manufactured for: Gaia Herbs, Inc., 101 Gaia Herbs Dr., Brevard, NC 28712 gaiaherbs.com



## Sweet Wormwood

### HELPS MAINTAIN IMMUNE AND RESPIRATORY DEFENSES\*

In Traditional Chinese medicine, this plant is referred to as Qing Hao and has been used for over 2,000 years to help with occasional digestive complaints.\* Gaia Herbs PRO's Sweet Wormwood herbal liquid extract supports cleansing and healthy elimination.\*

ITEM# 90726002 COUNT 2 OZ

Supplement Facts	
Serving Size 25 Drops (0.83 mL) Servings Per Container About 71	
Amount Per Serving	
Organic Sweet Wormwood ( <i>Artemisia annua</i> ) aerial parts extract	0.83 mL†

† Daily Value not established.

Other ingredients: Organic alcohol USP (60-70%) and water.  
Gaia Herbs, Inc., 101 Gaia Herbs Drive, Brevard, NC 28712

Certified Organic by Oregon Tilth

333mg/mL HERB EQUIVALENCY

NEW



# Supports the Function of Intestinal Epithelial Cells\*

## EpiVital

EpiVital contains clinically-studied AstraGin®, which is a blend of astragalus & notoginseng extract to support the digestive lining.\* This formula also contains gotu kola, jujube fruit & seed, lemon balm, and chamomile flowers.

ITEM# 90Q20090 COUNT 90 CT



NEW



## Organic Joint Support\*

### Turmeric Fenugreek Complex

Contains 100 mg of curcuminoids and 320 mg of clinically-studied CurQFen® 2x daily. CurQFen uses curcumin and fenugreek to achieve higher bioavailability. Supports healthy joints and a normal inflammatory response.\*

ITEM# 90C76060 COUNT 60

ITEM# 90C76120 COUNT 120



### Muscle Recovery: NF-kB Formula

SUPPORTS A HEALTHY RESPONSE TO OCCASIONAL PAIN\*

Muscle Recover:NF-kB Formula combines turmeric with other herbal extracts to support a healthy pain response.\* Feverfew, devil's claw, and ginger have each been studied for their role in supporting the body's reaction to occasional pain.\*

ITEM# 90Q17090 COUNT 90

Supplement Facts		
Serving Size 2 Capsules	Servings Per Container 60	
	Amount Per Serving	% Daily Value
Calories	5	
Total Carbohydrate	2 g	<1%*
Turmeric ( <i>Curcuma longa</i> ) root extract	32 mg	†
Curcuminoids	30 mg	†
Rosemary ( <i>Rosmarinus officinalis</i> ) leaf supercritical CO <sub>2</sub> extract	100 mg	†
Proprietary Extract Blend	875 mg	†
Organic Turmeric ( <i>Curcuma longa</i> ) root, Wild Lettuce aerial parts, Jamaican Dogwood ( <i>Piscidia piscipula</i> ) bark, Organic Feverfew ( <i>Tanacetum parthenium</i> ) aerial parts, Organic Devil's Claw root		
Black Pepper ( <i>Piper nigrum</i> ) fruit supercritical CO <sub>2</sub> extract	10 mg	†
Organic Ginger ( <i>Zingiber officinale</i> ) root supercritical CO <sub>2</sub> extract	10 mg	†

\* Percent Daily Values are based on a 2,000 calorie diet.  
† Daily Value not established.

Other ingredients: Vegetable glycerin, water, sunflower lecithin and vegan capsule (hypromellose, chlorophyll).  
Gaia Herbs, Inc., 101 Gaia Herbs Drive, Brevard, NC 28712  
Each 2 capsules contain 4,900 mg dry herb equivalent.



### Curcuma Supreme NF-kB Formula

CYTOKINE SUPPORT\*

Curcuma Supreme NF-kB Formula represents full Curcumin Synergy™. Our unique formulation creates a powerful whole plant profile of turmeric's valuable properties and provides more curcumin per capsule than other members of our Curcuma NF-kB family of products.

ITEM# 90P63060 COUNT 60

ITEM# 90P63120 COUNT 120

Supplement Facts	
Serving Size 1 Capsule	Servings Per Container 60
	Amount Per Serving
Proprietary Extract Blend	482 mg†
Organic Turmeric ( <i>Curcuma longa</i> ) root extract, Turmeric ( <i>Curcuma longa</i> ) root extract, Turmeric ( <i>Curcuma longa</i> ) root supercritical CO <sub>2</sub> extract	
Curcuminoids	36 mg†
Black Pepper ( <i>Piper nigrum</i> ) fruit supercritical CO <sub>2</sub> extract	7 mg†

† Daily Value not established.

Other ingredients: Organic soy lecithin, vegetable glycerin, water and vegan capsule (hypromellose, chlorophyll).  
Gaia Herbs, Inc., 101 Gaia Herbs Drive, Brevard, NC 28712





# Adaptogenic Support for Energy & Stamina\*

## Cordyceps Mushroom

Helps sustain energy, endurance, and stamina.\* With only Certified Organic and sustainably sourced mushrooms\* Each two capsules = 5,000 mg dried cordyceps mushroom. Hot water and dual extracted mushrooms for optimal bioavailability, absorption, and digestibility. 100% fruiting bodies - no fillers, starch, grains, or mycelium.

ITEM# 90Q37060 COUNT 60



## Adaptogen Performance

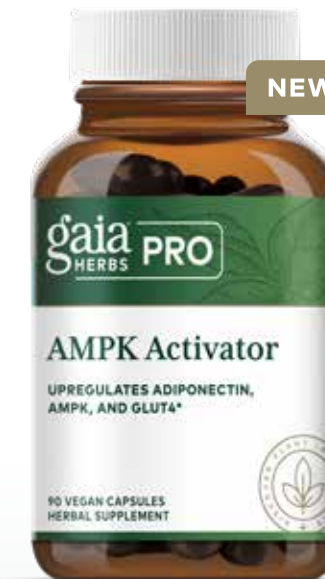
ENERGY AND STAMINA SUPPORT\*

We live in a busy world where it is easy to feel tired and rundown; Adaptogen Performance contains a blend of traditionally used organic herbs and mushrooms to keep energy levels healthy.\*

ITEM# 90P86120 COUNT 120

Supplement Facts		
Serving Size 2 Capsules Servings Per Container 60		
	Amount Per Serving	% Daily Value
Total Carbohydrate	<1g	<1%*
Organic Cordyceps ( <i>Cordyceps militaris</i> ) fruiting body extract	400 mg	†
Herbal Blend	440 mg	†
Organic Ashwagandha ( <i>Withania somnifera</i> ) root, Organic Ginger ( <i>Zingiber officinale</i> ) root		

\* Percent Daily Values are based on a 2,000 calorie diet.  
† Daily Value not established.  
Other ingredients: Organic vegan capsule (organic pullulan) and maltodextrin.  
Manufactured for: Gaia Herbs, Inc., 101 Gaia Herbs Dr., Brevard, NC 28712  
Certified Organic by Oregon Tilth.



## AMPK Activator

UPREGULATES ADIPONECTIN, AMPK, AND GLUT4\*

Supports insulin sensitivity and healthy lipid metabolism. Supports mitochondria through AMPK activation.\* Contains Wellemon™ citrus bioflavonoid and clinically-researched InnoSlim®.\*

ITEM# 90Q17090 COUNT 90

Supplement Facts		
Serving Size 1 Capsule Servings Per Container 90		
	Amount Per Serving	% Daily Value
InnoSlim® ( <i>Astragalus membranaceus</i> root extract and <i>Panax notoginseng</i> root extract)	125 mg	†
Wellemon® whole lemon fruit extract	125 mg	†
Japanese Knotweed ( <i>Polygonum cuspidatum</i> ) root extract	80 mg	†
Trans-Resveratrol	35 mg	†
Organic Ginger ( <i>Zingiber officinale</i> ) root powder	60 mg	†
Bilberry ( <i>Vaccinium myrtillus</i> ) berry extract	35 mg	†

\* Percent Daily Values are based on a 2,000 calorie diet.  
† Daily Value not established.  
Other ingredients: Vegan organic capsule (organic pullulan) and maltodextrin.  
Manufactured for: Gaia Herbs, Inc., 101 Gaia Herbs Dr., Brevard, NC 28712  
InnoSlim® is a registered trademark of NuLiv Science USA Inc.  
Wellemon® is a registered trademark of Euromed, S.A.



## B-Complex

ENERGY AND METABOLISM\*

B-vitamins are a family of water-soluble compounds that are actively utilized in the body by mitochondrial and energy-dependent tissues. Organic B-Complex contains at least 100% of the daily value for eight unique nutrients including methylcobalamin, an active form of vitamin B12.\*

ITEM# 90C71050 COUNT 50

Supplement Facts		
Serving Size 2 Tablets Servings Per Container 25		
	Amount Per Serving	% Daily Value
Thiamin (as thiamine hydrochloride and from Organic Food Complex Blend)	4 mg	333%
Riboflavin (as riboflavin and from Organic Food Complex Blend)	7.7 mg	592%
Niacin (from Organic Food Complex Blend)	16 mg	100%
Vitamin B6 (as pyridoxine hydrochloride and from Organic Food Complex Blend)	8.5 mg	500%
Folate (from Organic Food Complex Blend)	400 mcg DFE (235 mcg folic acid)	100%
Vitamin B12 (as methylcobalamin and from Organic Food Complex Blend)	53.3 mcg	2221%
Biotin (as biotin and from Organic Food Complex Blend)	300 mcg	1000%
Pantothenic Acid (as d-calcium pantothenate and from Organic Food Complex Blend)	10 mg	200%
Organic Food Complex Blend	850 mg	†

Other ingredients: Organic agave inulin powder, organic pea starch, organic tapioca dextrose, silica, organic coating (organic tapioca maltodextrin, organic sunflower lecithin, organic palm oil, organic guar gum) and organic guar gum powder.  
Manufactured for: Gaia Herbs, Inc., 101 Gaia Herbs Drive, Brevard, NC 28712  
This product is certified organic by Quality Assurance International (QAI).





### Eleuthero

#### ADAPTOGEN STRESS SUPPORT\*

Eleuthero is a premier adaptogenic herb which enhances the body's natural ability to adapt to stress, while supporting mental endurance and metabolic efficiency.\* Made from ecologically harvested eleuthero root.

ITEM# 90P24060 COUNT 60



### Green Tea

#### SUPPORTS ANTIOXIDANT PATHWAYS\*

Green tea is one of the richest documented sources of antioxidants. It contains polyphenols, collectively known as catechins. Gaia Herbs PRO's Green Tea uses certified organic green tea leaves, extracted and concentrated to provide the full spectrum of phytochemicals naturally found in green tea leaves and contains 300 mg of polyphenols per serving.\*

ITEM# 90P35060 COUNT 60



### Liquid Magnesium

#### WITH TRACE MINERALS

Magnesium activates hundreds of enzymes necessary for a variety of physiological functions, including neuromuscular contractions, cardiac function, and the regulation of the acid-alkaline balance in the body.\* Liquid Magnesium with Trace Minerals is concentrated without heavy machinery or chemicals by natural evaporation over time from the water in the Great Salt Lake.

ITEM# 90990004 COUNT 4 OZ

#### Supplement Facts

	Amount Per Serving	% Daily Value
Total Carbohydrate	<1g	<1%*
Eleuthero ( <i>Eleutherococcus senticosus</i> ) root extract	277 mg	†

\* Percent Daily Values are based on a 2,000 calorie diet.  
† Daily Value not established.

Other ingredients: Vegetable glycerin, water and vegan capsule (hypromellose).

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Each capsule contains 1,650 mg dry herb equivalent.

#### Supplement Facts

	Amount Per Serving	% Daily Value
Calories	5	
Total Carbohydrate	2g	<1%*
Proprietary Extract Blend	696 mg	†
Organic Green Tea ( <i>Camellia sinensis</i> ) leaf, Green Tea ( <i>Camellia sinensis</i> ) leaf extract		
Polyphenols	300 mg	†

\* Percent Daily Values are based on a 2,000 calorie diet.  
† Daily Value not established.

Other ingredients: Vegetable glycerin, water and vegan capsule (hypromellose).

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Each 2 capsules contain 6,950 mg dry herb equivalent and no more than 25 mg of caffeine.

#### Supplement Facts

	Amount Per Serving	% Daily Value
Calories	5	
Total Carbohydrate	1g	<1%*
Magnesium	250 mg	60%†
Chloride	650 mg	28%†
Sodium	5 mg	<1%†
Potassium	2 mg	<1%†
Sulfate	40 mg	†
Lithium	1.5 mg	†
Boron	1 mg	†

\* Percent Daily Values are based on a 2,000 calorie diet.  
† Daily Value not established.

Other ingredients: Concentrated seawater from Utah's inland sea, USA.

Manufactured for Gaia Herbs, Inc., 101 Gaia Herbs Drive, Brevard, NC 28712



## Supports urinary tract health\*

### Urinary Tract Formula

A concentrated formulation, that promotes excretion within the kidneys and the urinary tract.\* Includes a synergistic blend of usnea, organic uva ursi, organic echinacea purpurea root, seed, and aerial parts, organic echinacea angustifolia root, and coptis root. 400 mg/ml herb equivalency.

ITEM# 90960002 COUNT 2 OZ





PRACTITIONER DISCOUNTS AVAILABLE

# Top Selling Formulas from Gaia Herbs & Salus

We're pleased to extend your practitioner discount for more of our best-selling products from Gaia Herbs & Salus, giving your practice a variety of plant-based solutions.

*Products are available for purchase through your practitioner account at [GaiaHerbsPRO.com](http://GaiaHerbsPRO.com)*

GAIA HERBS



**ASHWAGANDHA GUMMIES**  
Promotes stress reduction and increased resistance to stress\*  
90C84045 45 CT  
90C84081 81 CT



**BLACK ELDERBERRY EXTRA STRENGTH GUMMIES**  
Extra support when you need it most\*  
90C80040 40 CT  
90C80080 80 CT



**RELAX GUMMIES**  
Promotes relaxation and helps maintain emotional well-being\*  
90C86045 45 CT



**SLEEP GUMMIES**  
Adaptogenic support to enjoy a restful night's sleep\*  
90C85040 40 CT



**TURMERIC SUPREME® EXTRA STRENGTH GUMMIES**  
Supports healthy inflammatory function to help maintain an active lifestyle.\*  
90C82060 60 CT



**BLACK ELDERBERRY SYRUP EXTRA STRENGTH**  
Highly-concentrated immune support\*  
90C07003 3 OZ  
90C07003 5.4 OZ



**BLACK ELDERBERRY SYRUP KIDS DAILY**  
Supports a child's healthy immune system\*  
90C52003 3 oz



**BRONCHIAL WELLNESS SYRUP**  
Promotes respiratory tract well-being\*  
90C045P4 5.4 oz



**BRONCHIAL WELLNESS SYRUP FOR KIDS**  
With honey & lemon for a kid-friendly taste  
90C16003 3 OZ



**BLACK SEED OIL**  
Traditionally for maintaining a healthy respiratory system\*  
90A20060 60 CT



**ECHINACEA GOLDENSEAL**  
Healthy immune response at onset\*  
90A04060 60 CT



**IMMUNE MUSHROOM BLEND**  
Year round support  
90C35040 40 CT



**REFLUX RELIEF**  
Helps cool occasional heartburn & relieve indigestion\*  
90C09090 45 CT

SALUS



**FLORADIX IRON & HERBS**  
Vegetarian liquid iron for energy support.\*  
90J04085 8.5 OZ  
90J04017 17 OZ  
90J04023 23 OZ