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## SUGGESTED USE

Adults take 1 teaspoon daily between  
meals, mixed in 4-6 oz of water. Gradually  
increase to 1 tablespoon daily.

Not for use during pregnancy. If you have a  
medical condition or take medications, please  
consult with your doctor before use. **Store 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.

**\* 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.**

gaia  
HERBS

# Microbiome Food

Plant-based prebiotic for digestive health\*  
Made with organic Acacia, Fenugreek & Cinnamon

HERBAL SUPPLEMENT | NET WT 4.44 oz (126 g) | VEGAN & GLUTEN-FREE



[101] 1019

| Supplement Facts                |            |  |            |
|---------------------------------|------------|--|------------|
| Serving Size 1 Tablespoon (7 g) |            | Servings Per Container 18  |            |
| Amount Per Serving              |            | Amount Per Serving   |            |
| % Daily Value                   |            | % Daily Value  |            |
| Calories                        | 25         | Organic Acacia ( <i>Acacia senegal</i> ) gum   | 1,343 mg † |
| Total Carbohydrate              | 6 g 2%*    | Organic Acerola ( <i>Malpighia glabra</i> ) fruit extract  | 1,110 mg † |
| Dietary Fiber                   | 3 g 10%*   | Organic Inulin (from <i>Agave tequilana</i> heart)   | 848 mg †   |
| Soluble Fiber                   | 2 g        | Organic Fenugreek seed   | 505 mg †   |
| Insoluble Fiber                 | <1 g       | Harmonizing Digestive Blend  | 1,319 mg † |
| Calcium                         | 55 mg 4%   | Organic Cinnamon bark, Organic Ginger ( <i>Zingiber officinale</i> ) root, Organic Marshmallow ( <i>Althaea officinalis</i> ) root |            |
| 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](http://gaiaherbs.com)  
Certified Organic by Oregon Tilth

