

Suggested Use

Adults take 2 capsules, 1 hour before bed time.

Not to be used during pregnancy or lactation. If you have a medical condition or take medications please consult with your doctor before using this product. **Keep away from children.** Use only as directed on label. Safety sealed for your protection. Keep bottle capped at all times and store in a cool dry place. Natural separation may occur. This does not affect product quality.

The Gaia Difference

-  Liquid potency, easy absorption
Alcohol-free, Liquid Phyto-Caps
U.S. Patent No. 4,238,696 B1
-  100% vegetarian, dairy free,
no gluten-containing ingredients
Plant-derived capsule
-  Laboratory tested for purity
Free of heavy-metal toxicity



gaia
HERBS

Single Herbs

Valerian
Root

Supports restful sleep*

meet your herbs®
Enter ID # at GaiaHerbs.com

60 VEGETARIAN LIQUID PHYTO-CAPS™
DIETARY SUPPLEMENT

BEST BY:
Enter ID# at GaiaHerbs.com

Supplement Facts

Serving Size 2 Capsules
Servings Per Container 30

AMOUNT PER SERVING

Calories 20

Valerian root ▲ (Valeriana officinalis) 450mg†
(1.8 mg† Valerianic acid derivatives)

†Daily Value not established.

Other ingredients: Vegetable glycerin, capsule
(vegetable cellulose)

▲ = Certified Organic Ingredient

Each 2 capsules contain 1,600 mg dry herb equivalent.



gaia
HERBS

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

A26001
0604 1411-1211

*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 makes conscious choices to keep our planet healthy. This carton is made from 100% recycled paperboard, including at least 35% post consumer material. Our amber glass bottles contain at least 30% recycled content.



BEST BY:

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Single Herbs

Individual herbs in their vibrant, natural form support each person uniquely.* Gaia Herbs' Single herbs contain concentrated extracts of an individual herb, to deliver nature's vitality to you.*

Valerian Root

Valerian root has long been used to promote deep and restful sleep in those with occasional sleeplessness.* Made from Valerian grown on Gaia's own certified organic farm, this extract delivers 1.8 mg of Valerianic acid derivatives per serving. By promoting a sense of calm and relaxation, Valerian Root supports the body in falling asleep naturally.*

The Gaia Difference

-  Liquid potency, easy absorption
Alcohol-free Liquid Phyto-Caps™
U.S. Patent No. 4,238,696 B1
-  100% vegetarian, dairy free,
no gluten-containing ingredients
 Easily digestible plant-derived capsule
-  Laboratory tested for purity
Free of heavy-metal toxicity

gaia
HERBS

Single Herbs

Valerian
Root

Supports restful
sleep*

Promotes calm & relaxation*
Valerian root: 450 mg extract

Supports natural transition to sleep*
Valerianic acid derivatives 1.8 mg

meet your herbs®
SEE BACK OF BOX TO LEARN HOW

60 VEGETARIAN LIQUID PHYTO-CAPS™
DIETARY SUPPLEMENT



Valerian

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101 Gaia Herbs Dr., Brevard, NC 28712
www.gaiaherbs.com

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gaia
HERBS

plant
intelligence™

GAIA FARM
BREVARD, NC

Over 40 crops are grown each year on our certified organic farm. 250 fragrant acres of Valerian, Echinacea, Holy Basil, Hawthorn, Nettles, and more grace our valley. Each plant thrives naturally here, in one of the most fertile bioregions in the world.

meet your herbs®

Track the life story of each herb in your bottle by entering its ID# at GaiaHerbs.com.

PURITY: Trace the origin of each herb back to its source.

INTEGRITY: See analytical results for this product.

POTENCY: Validate each herb's full phytochemical complex.